

SURGEON GENERAL'S OFFICE

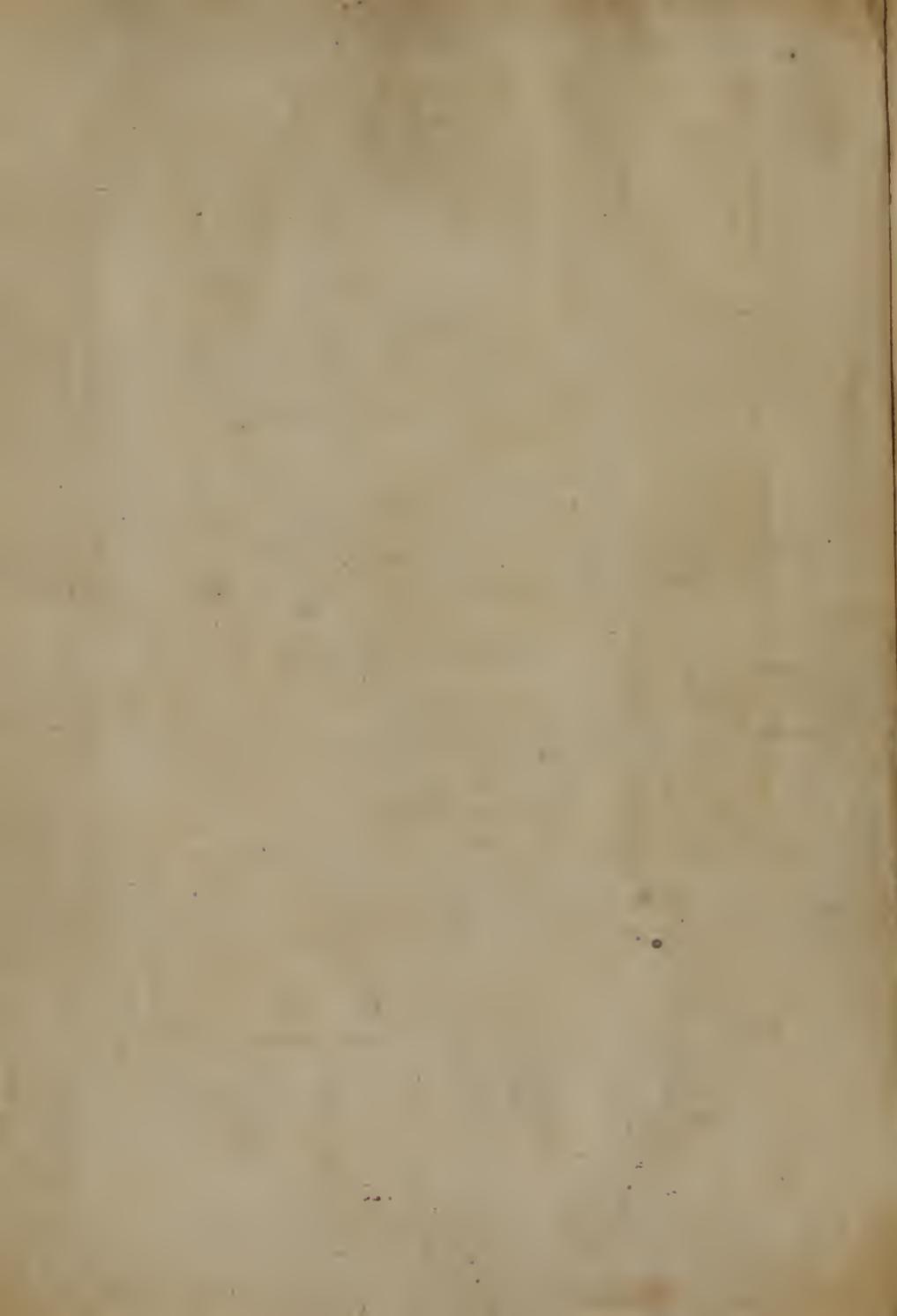
LIBRARY.

Section,

16th Cen. V. Cal.

No. 175700.

3-1639



Libr. No. 100: 100

THE CA-
STEL OF HELTH
CORRECTED
AND

in some places augmented,
by the kyse authour
therof, sy^r Thomas
Elyot knyght,
the yere of
oure lord

1541

BRARY
GENERAL'S OFF

JUL 1 190

175700

THE PROHEME OF

SIR THOMAS ELIOT KNYGHT

in to his boke, callyd the Castel
of helthe.



A L E N the most excellēt phisition
fearyd, that in wrytyng a com-
pendiouse doctryne for the curing
of syckenes, he shoulde lose all his
laboure, for as moche as no man
almoste dyd endeuoure hym selfe
to the syndyng of truthe, but that all men dyd so
moche esteme ryches, possessions, authority, and
pleasures, that they supposed theym, which were
studious in any parte of Sapience, to be madde
or distracte of theyre wittes: for as moch as they
demid the chise Sapience (which is in knowlege
of thynges belongyng as wel to god as to man)
to haue no beyng. Sens this noble wryter found
that lacke in his tyme, whan there flourysshed in
sundry contrayes a great multitude of men excel-
lent in al kyndes of lerning, as it yet doth appere
by some of theire warkes, why shuld I be greuyd
with reproches, wherewith some of my countray
do recompence me, for my labours taken without
hope of temporall rewarde, onely for the feruent
affection whiche I haue euer borne toward the
publike weale of my countray: A worthy matter,
sayth one, syz Thomas Elyot is become a Phisi-
tion, and wryte the in phisik, which besemeth not
a knyght, he mought haue ben moch better occu-

Methodi.
li. i. fo. i.

THE PREFACE.

pied. Truly if they wil calle hym a phisition, which
is studiouse about the weale of his countray, I
witsause they so name me, for duryng my lyfe I
will in that affection alway contynue. And why,
I pray you, shulde men haue in disdayne or small
reputation the science of phisicer whiche beinge
wel vnderstande, truly experienced, and discretely
ordered, dothe conserue helthe, without the which
all pleasures be peyneful, ryches vnproufytale,
company anoiance: strength tourned to feblenes,
beauty to lothesomnes, sencis are dispersid, elo-
quence interrupted, remembraunce confoundyd.
which hath bene considerid of wyse men not onely
of the pypuate estate, but also of Emperours,
kynges, and other great pryncis, who for the vni-
uersall necessity and incomparable vtility, whiche
they perceyupd to be in that scyence of physycke,
they dyd not onely aduaunce and honour it with
speciall pruileges, but also dyuerse and many of
theym were therin ryght studiouse. in soo moche
as Juba the kyng of Maurytania and Lybia,
founde oute the vertuouse qualities of the herbe
called Euforbiu. Gentius kyng of Illiria,
founde the vertues of Gentiane. The herbe Lysi-
machia, toke his name of kinge Lysimachus. Mi-
thridates the greate kyng of Ponthus, founde
syste the vertues of Scordion, and also inuented
the famouse medicine ageynst poysone, callid Mi-
thridate. Arthemisia queene of Caria, founde the
vertues of motherwoze, whiche in latyne bearith
her name, whereby her noble renome hath lengar
continued,

THE PREFACE.

continued, than by the makynge of the famouse monument ouer her dead husbond, callyd Mausoleum, although it were recknyd amonge the wonderfull warkes of the woldē: and yet her name with the sayd herbe stil abydeth, whyles the sayd monument a thousand yeres passid was utterly dissoluyd. It semith, that phisicke in this realme hathe ben well estemid, sens the hole studye of Salerne, at the request of a kynge of Englande, wrate and set forth a compendious and profitabile treatyse, callyd the Gouernaunce of helthe, in latyne Regimen sanitatis. And I truste in almighty god that our soueraygne lord the kinges maiesty, who dayly preparith to stablyshe among vs true and vncorrupted doctrines, wyll shortly examine also this parte of studye, in liche wylle, as thynges apte for medicine, growynge in this realme, by conference with most noble authours may be so knownen, that we shall haue lesse neede of thynges brought out of farre countreyes, by the corruption wherof innumerable people haue perished, withoute blame to be giuen to the phisitions, sauyng onely, that some of them not diligent inough in beholdynge their drouges or ingredience at all tymes dispensid and tried.

¶ Besydes the sayde kynges, whome I haue rehersed, other honorable personagis haue witten in this excellent doctrine, and not only of the speculatyue parte, but also of the practyse therof: whose warkes doo yet remayne vnto their glory immortall, as Alicena, Abenoar, Rasis, Corne-

THE PREFACE.

Ihus Celsus, Serenus, and whiche I shoulde
hau first namid, Machaon and Podalicius, no-
ble dukes in Grecia whiche came to the syge of
Troy, and brought with them xxx. great shippes
with men of warre. This well consideryd, I take
it for no shame, to studye that science, or to sette
fourthe any booke of the same, beynge thereto
prouoked by the moste noble and vertuouse ex-
ample of my noble mayster kynge HE N R Y the.
viii. whose helthe I hartely pray god as longe
to preserue, as god hath constitute mans lyfe to
contynue: for his highnes hath not dysdained to
be the chief authour and settar fourthe of an In-
troduction in to gramer, for the childeyne of his
louing subiectes, wherby, hauing good maisters,
they shall moste easly and in shorte tyme appre-
hend the vnderstanding and fourme of speaking
of true and eloquent latyne. O roiall harte, full
of very nobility. O noble brest, settynge fourthe
vertuouse doctryne, and laudable study. But yet
one thyng moche greuyth me, that notwithstanding
dyng I haue euer honoured, and specyally fa-
uored the reuerend college of approuid phisitiōs,
yet some of them hearyng me spoken of, haue said
in derision, that all though I were pretly seene
in historyes, yet being not lernyd in phisicke, I
haue putte in my booke dyuerse errours, in presu-
myng to wyte of herbes and medicines. Firste
as concernyng historyes, as I haue plantyd
them in my warkes, beynge wel vnderstand, they
be not soo lyght of importaunce as they done
esteme

THE PREFACE.

esteme theym, but may moze surely cure mennes
affections, than diuerse phisitions doo cure mala-
dyes. Nor whan I wrate fyse this boke, I was
not all ignorante in phisycke, soze before that I
was. xx. yeres olde, a worshipfull phisition, and
one of the moste renoumed at that tyme in Eng-
land, percepuyng me by nature inclined to know-
ledge, rad vnto me the wo:kes of Galene of tem-
peramentes, natural faculties, the Introduction
of Johānicus, with some of y Aphorismes of Hip-
pocrates. And afterwarde by mine owne study,
I radde ouer in order the moze parte of the war-
kes of Hippocrates, Galen², Oribasius, Paulus
Celius, Alexander Trallianus, Celsus, Plinius y
one and the other, with Dioscoydes. Nor I dyd
ommit to reade the longe Canones of Auicena, y
Commentaries of Auerrois, y practis of Isake,
Halyabbas, Ralys, M²esue, and also of the moze
part of them which were their aggregatours and
folowers. And all though I haue neuer ben at
M²otpellier, Padua, nor Salern, yet haue I foud
some thyng in phisycke, whereby I haue taken
no litte prospete concernyng myne owne helthe.
Moreouer I wote not why phisitions shold be
angry with me, sens I wrate and dyd set fourth
the Castel of helthe for their commodity, that the
uncertayne tokens of brynes and other excre-
mentes shold not deceyue them, but that by the
true information of the sycke man, by me instru-
ctid, they mought be the moze sure to prepare me-
dicines conuenient for the diseasis. Also to the
intent that men obseruyng a good order in diete,
and

THE PREFACE.

and preventing the great causys of sickenes, they shoulde of those maladyses the soner be curyd. But if phisitions be angry, that I haue wryten phisike in englyshe, let theym remembrye, that the grekes wrate in greke, the Romanes in latyne. Auicena, and the other in Arabike, whiche were their owne propre and maternal tonges. And if they had bene as moche attached with envy and couaytise, as some nowe seeme to be, they wolde haue denysed somme particular language, with a strange syphre or fourme of lettres, wherin they wold haue wryten their science, which lāguage or lettres no man shoulde haue knowen that hadde not professyd and practised phisylcke: but those, although they were painimes and Jewes, in this parte of charitiye they farre surmountid vs Christianes, that they wolde not haue soo necessary a knowledge as phisylcke is, to be hyd frome them, whych wolde be studiouse aboute it.

Cynally god is my Juge, I wryte neyther for glori, rewarde, nor promotion, only I desyre men to deme wel myne intent, sens I dare assure them that all that I haue wryten in this boke, I haue gathered of the moste princypall wrytars in phisylcke. which beinge throughly studied and well remembryd, shalbe profitable (I doubt not) vnto the reder, and nothyngе noyouse to honeste phisylcyons, that doo measure theyr study, with moderate lyuinge and Christian Charitiy,

TO THE TABLE



TO THE TABLE
 T M V S T E B E R E M E M B R E D,
 that the number in the Table, dothe
 sygnify the leaf, and the letter A, doth
 sygnifie the fyrist page oþ syde, the let-
 ter B, the seconde page oþ syde.

A

A Nnexed to thiges
 naturall. fol. i.b.
 Alges. fol. xiii.a.
 and. xxxviii.a.
 Alyze. fol. i.b. and xiii.a.
 Appuls. fol. xxvi.b.
 Almondes. fol. xxviii.b
 Anyse sede. fol. xxviii.b.
 Ale. fol. xxxiii.b.
 Abstinence. fol. liii.b.
 Affectes of the mynde.
 fol. lxii.a.
 Autumn. fol. xxxviii.b.

B

B Loudde. fol. viii.a.
 Beetis. fol. xxix.a.
 Byrdes. fol. xx.a.
 Brayne excedyng in
 heate. fol. iii.b.
 Brayne excedyng in
 colde. ibidem.
 Brayn moist. ibid.
 Brayne drye. fol. viii.a.

Brayne hote and moist.
 ibidem.

Brayn hot and dry. ibi.

Brain cold and moiste.
 fol. viii.b.

Brayn cold and dry. sibi.

Brain sick. fol. lxxxvi.a.

Breast sick. fol. lxxvi.b

Biele. fol. xix.a.

Beanes. fol. xxviii.a.

Breakefast. fol. xli.a.

Blud suckers. fol. lxi.a.

Bozage. fol. xxix.b

Breadde. fol. xviii.b.

Blacke byrde. fol. xx.b.

Bustarde. fol. xxi.a.

Byttour. ibidem.

Brayn of bestes. xxi.a.

Butter. fol. xxii.a.

Biere. fol. xxxiii.a.

C

C Onsyderations of
 thinges belþyng
 to

THE TABLE.

to helthe.	fol.i.a.	Cloues.	fol. xxx.b.
Cōplexion of man.	ii. a.	Conye.	fol. xix.b.
Colerike body.	fol. ii. b.	Capons, hennes, and chycckens.	fol. xx.a.
Coler.	fol. viii.a.	Crane.	fol. xxi.a.
Coler natural.	fol. ix.a.	Chese.	fol. xxiiii.a.
Coler vnnaturall.	ibid.	Cyder.	fol. xxxiiii.a.
Colour.	fol. xiii.a.	Confortatiues of the harte.	fol. lxviii.a.
Colour of inwardē cau- ses.	ibidein.	Chyldren.	fol. xxxviii.b.
Colour of outwardē cau- ses.	fol. xiii.b.	Counsayles against in- gratitude.	fol. lxv.a.
Colour of vynes.	fol. lxxxvii.b.	Chaunces of fortune.	fol. lxvii.a.
Colour of heare.	xiii. b.	Cruditie.	fol. lxxiiii.a.
Causes wherby the aire is corrupted.	fol. xiii.a.	Concoctiō.	fol. lxxiiii.b.
Custome.	fol. xvii.a.	D	
Cōmodity hapnyng by moderat vse of þ qual- ties of meat.	fol. xviii.b.	Instēperature hap- penyng by excelle of sundry qualtyes of meate.	fol. xviii.b.
Cucumbers.	fol. xxiiii.b.	Deere red and falowe.	fol. xix.b.
Cheries.	fol. xxv.b.	Dates.	fol. xxxiiii.b.
Chestnuttes.	fol. xxvii.a.	Ducke.	fol. xxi.a.
Capers.	fol. xxvii.b.	Diuersitie of meates.	fol. xlii.a.
Colewoztes and caba- ges.	fol. xxviii.a.	Digestiues of choler.	fol. lxviii.a.
Cikozie	fol. xxviii.b.	Digestiues of flemē.	ibid.
Cheruyle.	fol. xxvii.a.	Diete concerninge sun- dry	
Carettes.	fol. xxx.b.		
Consyderations in ab- stinence.	fol. liii.b.		

THE TABLE.

Dyng tyme of the yere.
fol. xxvii. b.
Domynyon of sundrye
complexiōs. fol. lxvi. b.
Dyete of sanguine per-
sones. fol. lxx. b.
Diete of cholericke per-
sones. fol. lxxi. a.
Dyete of fleumaticke
persones. fol. lxxii. a.
Dyete of melancolycke
persones. fol. lxxii. b.
Dyete of them, whyche
be redy to fall into lik-
nesse. fol. lxxxiii. a.
Diete in tyme of pesti-
lence. fol. xcii. b.
Drynke betwene mea-
les. fol. xli. b.
Drink at meles. xlvi. a.
Digested. fol. lvi. a.
Deth of children. lxvi. b.

E
Elementes. fol. i. b.
Erth ibidem.
Endyue. fol. xxviii. b.
Egges. fol. xxiii. b.
Exercise. fol. xlvi. a.
and. xlviii. a.
Euacuation. fol. lvi. b.
Exrementes. fol. lvi. a.

F
Fematik body. ii. b.
Fyze. fol. i. b.
Fleume. fol. viii. b.
Fleume naturall. ibidē.
Fleme vnnatural. ibidē.
Fruites. fol. xxiii. b.
Fyges. fol. xxv. a.
Fenell. fol. xxix. b.
Fylberdes. fol. xxvii. a.
Fleshe. fol. xix. a.
Fesaunt. fol. xx. b.
Fete of beastes. xxii. b.
Fylshe. ibidem.
Frycasyes or rubbyn-
ges. fol. xlvi. a.

G
Genitors hot. vii. a.
Genitors cold. ibi.
Genitours moyst. vii. b.
Genitours dyg. ibid.
Genytoures hotte and
moyste. ibid.
Genytoures hotte and
dyg. ibidem.
Genytoures colde and
moyst. ibidem.
Genytoures colde and
dyg. fol. viii. a.
Gourdes. fol. xxi. a.
bit Grapes

THE TABLE.

Grapes.	fol. xxv. b	Honye.	fol. xxxv. a
Garlyke.	fol. xxxi. a.	Hemorroides or pyles.	fol. lxi. b.
Gynger.	fol. xxx. b.	Heuines or sorow.	lxviii. a
Goose.	fol. xxi. a.		
Gysar of bydes.	xxi. b.		
Gluttony.	fol. xlvi. a.	I	
Gestation.	fol. xlvi. b	Sope.	fol. xxxi. b.
		Soye.	fol. lxviii. b
		tre.	fol. lxii. b.
H			
Harte hotte distempered.	iii. b.		
Harte colde dystempered.	fol. v. a.	Ckydde.	fol. xix. b.
Harte moyste dystempered.	ibidem.		L
Harte drye dystempered.	ibidem.	Luer in heate dys- tempered.	fol. vi. a.
Hart hote & moyst.	ibid.	Luer colde dystem- pered.	ibidem.
Harte hote and dry.	v. b.	Luer moyste dystem- pered.	ibidem.
Hart cold & moist.	ibid.	Luer drye dystem- pered.	ibidem.
Hart colde and dry.	ibi.	Luer sickle	fol. lxxxvi. b
Harte lycke.	fol. lxxxvi. b	Lettise.	fol. xxvii. a
Humours.	fol. viii. a.	Lekes.	fol. xxxi. a
Humour superflouise.	fol. liii. a	Lambe.	fol. xix. a.
Herbes vsed in potage, or to eate.	fol. xxvi. b	Larke.	fol. xx. b.
Hare.	fol. xix. b	Lyuers of bydes and beastes.	fol. xxi. a
Hearon.	fol. xxi. a.	Lunges of bestes.	xxii. a
Hart of bestis.	fol. xxii. a.	Lettynge of blud.	lx. a.
Head of beastes.	xxii. b.	Leaches or bloude suc- kers.	fo. lxi. a.
Hasil nuttes.	fol. xxvii. a	Losse of goodes.	lxvii. a
		Lacke	

THE TABLE.

Lacke of promotiō. eod.	Meates windy. ibidem.
Lassitude. fol.lxxxii.b. and.lxxxiii.b.	Melons. fol.xxiiii.a.
M M elancolyke body. fol.iii.a.	Medlars. fol.xxvi.b
Melancolye fol. ix.b.	Malowes. fol.xxix.a
Melācoly natural. ibid.	Mutton. fol.xix.a.
Melancoly vnnatural fol.eodem.	Moderation in diet. fo. xxix.b.
Members instrumen- tall. fol. x.b	Meales. fol.xl.b.
Meat and drinx. xiii.b.	Maces. fol.xxiiii.a
Meates makynge good iuyce. ibidem.	Members of byrdes. fol.xxi.b.
Meates makynge ylle iuyce. fol.xv.a	Melt of splene. fol.xxii.a
Meates makynge thick iuyce. ibidem.	Marowe. ibidem.
Meates makynge cho- ler. fol. ix.b.	Mylke. fol.xxiiii.b.
Meates makynge steme ibidem.	N Nutnigges. xxi. a.
Meates ingendrynge melancoly. ibidem.	Nauews. fol.xxi. a.
Meates hurtynge the tethe. fol.x.b.	O fficial members. fol.x.a.
Meates hurtynge the eyen. ibid.	Operations. fo.xii.b.
Meates makynge op- pilations. ibidem.	Olyues. fol.xxvii.a
	Ozenges. fol.xxvii.b
	Onyons. fol.xxiiii.a
	Order in eatynge and drynkinge. fol.xliii.b
	Opilations what they are. fol.lxxix.a
	Obstruction of rupture fol.xlvii.b
	Olde men. ibidem.
	Ordure. fol.liii.a

THE TABLE.

P

P Ryncypalle mein-
vers. fol. x. a.
Partes similares. ibid.
Powers naturall. xii. a.
Powers spiritual. ibid.
Powers animall. xii. b.
Pepons. fol. xxiiii. a.
Peaches. fol. xxv. b.
Peares. fol. xxvi. b.
Pourselane. fol. xxix. a.
Pensely. fol. xxix. b.
Purgers of coler. lvi. a.
Purgers of fleme. fol.
lvi. b.
Purgers of melanco-
lye. ibidem.
Preceptes of Dyocles.
lxxix. b.
Pomegranates. xxvi. b.
Prunes. fol. xxvii. a.
Pearson. fol. xx. a.
Parsenepes. fol. xxx. b.
Penyziall fol. xxii. a.
Pepper. fol. xxx. b.
Partryche. fol. xx. b.
Plouer. ibidem.
Pygeons. fol. xxi. a.
Particular cōmodities
of euery purgation.
fol. lvi. b.

Peculiar remedyes of
euery humour. lxx. a.
Pourgations by syge
fol. lv. b. and. lvi. b.
Precise diete. fol. xlvi. a.

Q

Wantite of meat.
fol. xv. b.
Qualite of meat.
fol. xvi. b. and. xviii. a.
Quynces fol. xxvi. a.
Quayle. fol. xx. b.

R

R ysons fol. xxv. b.
Rapes. fol. xxx. a.
Radythe. fol. xxxv. b.
Rokat. fol. xxxi. b.
Rosemary. fol. xxxii. a.
Replecion. fol. li. b.
Reumes, and remedyes
therfore. fol. lxxvii. b.

S

S anguyne body. ii. a.
S tomake hot. vi. b.
S tomake colde. ibidem.
S tomake moyste. ibidem.
S tomake drye. vii. a.
Spirite naturall. xii. b.
Spirite bytall. ibidem.
Spirite animall. ibidem.
S tones

THE TABLE.

S tones of beastes.	ibidem.
fol. xxii. a.	
S ozell.	fol. xxix. b.
S auge.	fol. xxxi. a.
S tomake in the which meat is corrupted.	xcii. b.
S tomake syk.	lxxxvi. b.
S lepe and watch.	xl. b. a.
S auery.	fol. xxxi. b.
S affron.	fol. xxx. b.
S wynes flesh.	fol. xix. a.
S parowes.	fol. xxi. a.
S houeler.	fol. xxi. a.
S ouper.	fol. xli. b.
S ugar.	fol. xxxvi. a.
S irupe acetose.	xxxvi. b.
S prung tyme.	xxxvii. a.
S ommier.	codem.
S catifienge.	fol. lx. b.
S ickenesses appropry- ed to sundry seasons & ages.	fol. lxxxvii. b.
S ignificatyon of sic- nesses.	fol. lxxxvi. a.
S ubstance of brynes,	
fol. lxxxvii. a.	
C	
T hynges naturall.	
i. a.	
T hynges not naturall.	
V	
W yndes.	fol. xiii. a.
W alnuttes.	xxvi. b.
W eale,	

THE TABLE.

Weale.	fol. xix. b.	Vociferation.	fol. l. b.
Wenylson.	ibidem.	Womyte.	fol. liii. b.
Woodcockes.	fol. xxi. a.	Urines.	fol. lxxxvii. a.
Wdder.	fol. xxii. a.	Vertue of meates.	fol. xci. b.
Water.	fol. i. b. & xxxi. a.		
Wynter.	fol. xxviii. b.		
Wayne.	fol. xxxii. a.	Yonge men.	xxxix. a.
Whaye.	fol. xxxviii. b.		

Thus endeth the Table.





O THE CONSERVATION
of the body of mankynde, within
the lymitation of helth (whiche as
Salene saythe) is the state of the
body, wherin we be neyther gre-
ued with peyne, nor lette from do-
inge our necessary busynesse, doth belouge the di-
lygent consyderation of thre soztes of thynges,
that is to say,

De tuer-
da samita-
re lib. 1.

{ Thynges Naturall,
{ Thynges not naturall, and
{ Thynges agenst nature.

C Thinges Naturall be. vii. in number.

Elementes.	Powers.
Complexions,	Operations and
Humours.	Spirites.
Members.	

C These be necessary to the beinge of helth, ac-
cordyng to the order of their kynde: and be al-
way in the naturall body.

C Thynges not naturall be syxe in number.

Slyre.	Emptinesse and re-
Meate and drinke.	pletion, and
Slepe and wachte.	Affections of the
Reuinge and rest.	mynde.

C Thynges agenst Nature be thre.

Syckenesse,
Cause of syckenesse.
Accident, whiche foloweth sickenesse.

B Annexed

THE F Y R S T E.

Cannered to thynges naturall.

{ Age. { Fygure, and
{ Colour. { Wyuerlitie of kindes.

CTHE Elementes be those originall thynges
vnmyxt and vncompounde, of whose temperaunce
and myxture all other thynges, hauyng corporall
substaunce, be compacte: Of them be four, that is to saye.

{ Erthe. { Ayre and
{ Water. { Fyre.

CERTHE, is the mooste grosse and ponde-
rouse element, and of her proper nature is colde
and drye.

CWATER, is moze subtyll and lyght thanne
erthe, but in repecte of Ayre and Fyre, it is grosse
and heuye, and of her proper nature is colde
and moiste.

CEYRE, is moze lyghte and subtyll than the
other two, and beinge not altered with any exte-
riour cause, is properly hote and moiste.

CFYRE, is absolutely lyght and cleare, and is
the clarifier of other elementes, if they be vyciate
or out of their naturall temperaunce, and is
properly hote and drye.

CIT IS to be remembred, that none of the sayd
elementes be comonly sene or felt of mortall men,
as they are in their originall being: but they, whiche
the by our senses be perceyued, be corrupted with
mutual mixture, and be rather erthy, watry, airy,
and fyry, than absolutely erth, water, ayre, & fyre.

¶

Of the complexion of Man. Cap. 2.

COMPLEXION is a combynation of two dyuers qualties of the fourte elementes in one bodye, as hotte and drye of the fyre: hotte and moyste of the ayre, colde and moyste of the water, colde and dry of the erthe. But although all these complexions be assembled in every body of man and woman, yet the body taketh his denomination of those qualties, whiche abounde in hym, more thanne in the other, as hereafter inneweth.

Cthe Bodye, where heate and moysture haue souerayntie, is called **Sanguine**, wherin the ayre hath preeminence, and it is perceyued and known by these sygnes, whiche do folowe,

Sanguine.	Carnositie or flesshynesse.
	The baynes and arteries large.
	Heare plentie and redde.
	The visage white and ruddy.
	Sleape moche.
	Dremes of bloudy thynges, or thinges pleasant.
	Pulse great and full.
	Digestion perfecte.
	Angry shottly.
	Siege, vrine, and sweate abundaunt.

Fallynge shottly in to bledynges.

The vrine redde and thicke.

THE FYRSTE

Cwhere colde with moysiture preuayleth, that body is called Fleumatike, wherin water hath preeminence, and is perceyued by these signes.

	Fatnesse, quauinge and softe.
	Claynes narowe.
	Heare moche and plaine.
	Colour white.
	Sleape superfluous.
Fleuma- tike	Dreines of thynges watry or of fysshē.
	Slownesse.
	Dulnesse in lerninge.
	Smallnesse of courage.
	Pulse slowe and lyttell.
	Dyggeston weake.
	Spyttell white, abundant, and thicke.
	Urine thick, white, and pale.

Cholerike is hote and dry, in whome the fyre hath preeminence, and is discerned by these sygnes folowinge.

	Leanesse of body.
	Costyfenesse.
	Heare blacke or darke aburne curled.
	Uisage and skyn red as fyre, or salowe.
	Hotte thynges noyfull to hym.
Chole- rike	Lyttell sleape.
	Dreames of fyre, fyghtynge, or anger.
	Wyte sharpe and quycke.
	Hardy and fyghtynge.
	Pulse swifte and stronge.
	Uryne hyghe coloured and cleare.
	Voyce sharpe.

ME:

Melancolyke is colde and drye, ouer whome the
erth hath dominio, & is perceyued by these signes

Melanco like.	Leanness with hardnesse of skynne.
	Heare playne and thynne.
	Colour duskysh, or white with leanness,
	Moche watche
	Dremes fearefull.
	Stiffe in opinions.
	Digestion slowe and yll.
	Cymerous and fearefull.
	Anger longe and frettinge.
	Pulse lytle.
Seldome lawghyng.	
Urine watry and thynne.	

BEYDES the sayd complexions of all the hole
bodye, there be in the partycular members,
complexions, wherin if there be any distempe-
raunce, it bryngeth lyckenesse or griefe in to the
member. Wherfore to knowe the distemperature,
these signes folowinge wold be considered. For-
sene, that it be remembred, that some distempera-
tures be syngle, and some be compounde. They
whyche be syngle, be in syngle qualities, as in
heate, colde, moyste, or dry. They whiche be com-
pounde, are in compounde or myxte qualities: as
heate and moisture, heate and drythe, colde and
moyste, colde and drye. But nowe fyre we wyll
speake of the syngle complexions, of euery pryn-
cipall member, beginninge at the brayne.

THE FYRSTE

The brayne
exceeding in
heat hath

The heade and visage verye redde
and hote.
The heare growinge faste blacke
and courled.
The vaines in the eyen apparant.
Superflououse matter in the nose-
thylles, eyen, and eares.
The head annoyed with hote mea-
tes, dynkes, and sauours.
Slepe shorte and not sounde.

The brayne exce-
ding in cold hath

Moche superfluitie running
oute of the nose, mouthe, ea-
res, and eyen.
Heare streight and fyne, gro-
wyng slowly, and flaxen.
The head disposed by smalle
occasion to pooles and
murren.
It is sone annoied with cold
It is cold in touchinge,
Waynes of the eyen not sene.
Sleapy somwhat,

Moyste in ex-
cesse hath

Heares plaine.
Seldome or neuer balde.
Wytte dulle.
Moche superfluities.
Slepe moche and depe.

The braine
dyne hathē

No superfluities runnyng.
Wytes good and redy.
watchfull.
Heates blacke harde and fast gro-
wynge.
Balde shortly.

Complexions compouned.

Brayne hot and
moyste distempe-
red hathē

The head akyngē and heupe.
Fulle of superfluities in the
nose.
The southern wind greuous.
The Northern wind holsome.
Slepe deepe, but vnquyete,
with often wakynges, and
straunge dzeames.
The sensēs and wytte vnper-
fecte.

Brayne hot and
dyne distempe-
red hathē

None aboundinge of super-
fluities, whyche maye be
expelled.
Sensēs perfecte.
Moche watche.
Sooner balde than other.
Moche heare in chyldehoode
and blacke or browne, and
courlyd.
The head hot and ruddye.

The

THE F Y R S T E

Brayne The senses and wytte dulle.
colde and Moche sleape.
moist di- The head sone replenysshed with su-
stépered perflououse moysture.
hath Distillations and poses or inurres.
 Not shorly balde.
 Soone hurte with colde.

Brayne The head colde in felynge and with-
cold and out colour.
dry disté- The baynes not appearynge.
ped hath Soone hurte with colde.
 Often discrased.
 Wytte perfecte in chilhode,
 but in age dulle.
 Aged shorly and balde.

Of the Harte.

The hart Moche blowinge and puffinge.
hote disté- Pulse swifte and busye.
ped hath Hardynesse and manhode moche.
 Promptnes actiuitie and quickenes
 in doinge of thinges.
 Fury and boldnesse.
 The brest heary toward the lyft side.
 The brest brode, with the head lytle.
 The body hote, except the Lyuer do-
 lette it.

The

The hart cold di-
stempred hath

The pulse very lyttell.
The bretche lyttell and slowe.
The breste narowe.
The body all colde, except the
lyuer dothe inflame it.
Fearefulnesse.
Scrupulosite, & moche care.
Curiositie.
Slownesse in actes.
The breste cleane withoute
heares.

The harte moiste
distempred hath

The pulse softe.
Sone angry & sone pacifyed.
The body all moist, except the
lyuer disposeth contrary.

The harte dry di-
stempred hath

The pulse harde.
Not lyghtly angry, but being
angry, not sone pacifyed.
The body dry, except the liuer
doth dispose contrary.

The harte hotte
and moyste

The brest and stomake hearty.
PROMPTNES in actes.
Soone angrye.
Fierincle but not so moche as
in hotte and drye.
Pulse softe, swifte, and busy.
Bretch or wynd accordanze.
Shoottly falleth in to diseases
caused of putrifaction.

THE F Y R S T E

The harte poulse greatte and
swifte.
The bresth or wind accordinge.
The breste and stomake all
heary.
The harte hotte
and drye hath
Quicke in his doinges.
Boldnes and hardinesse.
Swyft and hasty in mouinge.
Soone styrred to anger, and ty-
rannous in maners.
The breste brode, and all the
body hotte and drye.

The pulse softe.
Fearefull and timorous.
Slowe.
The brest clene without heare,
Not hastylye angrye, nor re-
tayninge angrye.
The brest narowe.
All the body colde and moyste.

The harte colde
and moyste hath
The pulse harde and lyttel.
The wynde moderate.
Seldome angrye, but whan
it hapneth, it dureth longe.
The breste cleane withoute
heare and lyttell.
All the body colde and drye.

DE

Of the Lyuer.

The lyuer in hete
distempered hath

The baynes large and hard.
The bloud thicke by reson of
vehement heate consuminge
the suttel partes of moisture.
The bealy heary.
All the body hotte excedyng
temperance.
Moche red choler and bytter
in youth.
Moche blacke choler toward
age by adustiō of red choler.

The lyuer colde di-
stempred hath

The baynes smalle.
Abundance of fleume.
The bloud thinne and fleu-
makyke.
All the body cold in feling,
The bealy without heare.

The liuer moist di-
stempred hath

The baynes softe.
Moche bloude and thinne.
All the body moist in feling
except the harte dispoleth
it contrary.

The lyuer drye di-
stempred hath

The baynes harde
The bloud lytel and thicke.
All the body drye.

THE F Y R S T E

Galenus
In arte par-
ua.lib.2.

THE complexions compournde, maye be de-
cerned by the sayde symple qualties. And here
it is to be noted, that the heate of the harte maye
banquysh the colde in the lyuer. For heate is in
the harte, as in the fountayne or spryng, and in
the Lyuer, as in the Ryuer.

Of the stomacke.

The stomake hot
distempered.

He digesteth welle, speciallye
harde meates, and that wyll
not be shorly altered.
Lyght meates, and soone al-
tered, be therin corupted.
The appetite lyttell and slow.
He delytethe in Meates and
dynikes, whyche be hotte, for
euery natural complexion de-
lyteth in his semblable.

The stomak cold
distempered

He hath good appetite,
He dygesteth yll and slowely,
specyally grosse meates and
harde.
Cold meates doth ware soure
beinge in him vndigested.
He delytethe in Meates and
dynikes, which be Cold, and
yet of them he is indaimma-
ged.

He

The stomake moist distempyd { He thyſteth but ſeldoine, yet
he deſyreteth to drynke.
With ſuperfluouſe drynke
he is herte.
He deleyteth in moist meates.

The stomake dry
distempered, { He is soone thyſty.
Content with a lyttel drinke.
Diseased with moche drinke.
He delyteth in dry meates.

CIT IS TO be noted, that the dyspositions of the stomake naturall, doo deslyze that whiche in arte is of lyke qualties. The dispositions vnnatural parua, do despzye thinges of contrary qualties.

¶ Also not the stomacke onely causeth a man to
thyſte or not thyſte, but also the lyuer, the lun-
ges, and the harte.

Of the genitures or sto-
nes of generation.

The Genytoies hot dystempered } Greate appetyte to the act of
generation.
} Ingendrynge men chyldren.
} Heare soone growen aboute
the members.

The Genytories { Smalle appetyte to the acte
cold distempered of generation,
 { Ingēdringe women children,
 { Sloane grouthe of heare a-
 bout the members.

THE FYRSTE

The genytories { Sede abundaunt but thynne
moist distēpyd { and watry.

The genytories { Sede lyttell but metely thycke
drye distēmpyd { in substance.

The genytories
hote and moiste {
Lasse appetite to lechery, than
in them, whiche be hot & dry.
Moze puissance to doo it, and
with lasse damage.
Hurt by absteynyng from it.
Lesse herines than in hot & dry.

The genytories
hotte and drye {
The sede thicke.
Moche frutefulnesse of Ge-
neration.
Greatte appetite and redynesse
to the acte,
Heare about the members sone
growen.
Swiftnes in spedig of the act.
Sone therwith satisfied.
Damage by blynginge therof.

The genytories
colde and moist {
The sede watry and thinne.
Lyttell desyre to the acte, but
moze puissance than in them
whiche be colde and drye.
Lyttell heares or none aboute
the members.
Heates

Peares none or sewe.
 Litel apetite or none to lechery.
 The genitories
colde and drye
 Lyttell puissance to do it.
 Ingendrynge moze females
than men chylderne.
 That lytell sede that is, is thicker than in colde and moyste,

COf humours.

IN THE body of Man be fourre principall humours, whiche contynunge in the proportion, that nature hath lymytted, the body is free from all syckenesse. Contrary wise, by the increase or diminution of any of them in quantitie or quality, ouer or vnder their natural assignement, in equall temperature commeth in to the body, whiche syckenesse foloweth moze or lasse, accordyng to the lapsed or decaye of the temperatures of the sayd humours, whiche be these folowinge.

Bloudde, Choler,
 Fleume, Melancoly.

Bloudde hath preeminance ouer all other humours in susteynyng of all lyuyng creatures, for it hath moze conformitie with the originalle cause of lyuyng, by reason of temperatenes in heate and moystre, alsoo nourissheth moze the body, and restoreth that whiche is decayed, beinge the very treasure of lyfe, by losse wherof, dcathe immedately foloweth. The dystemperature of bloud hapneth by one of the other thre humours by the inordinate or supfluous mixture of them.

THE FYRSTE

¶Offleume.

Fleume is of two sortes, Naturall and
Unnaturall,

Natural fleume is a humour cold and moist, white & swete, or without tast, engendred by insufficiēt decoctiō in the second digestiō of þ watry or raw partes of the matter decoct called Chilus, by þ last digestiō made apt to be couerted into bloud, in this humour, water hath dominio most principal.

Fleume unnaturall is that, whyche is myrte with other humours, or is altered in his qualite; And therof is. viii. sondry kyndes.

Watry, whyche is founde in spetkyll of great drinckers, or of them, whiche digeste yll.

Slymy or rawe,

Glaspy, lyke to whyte glasse, thycke, discourse lyke bynde lyme and heup.

Blastry, whiche is very grosse, & as it were chalky, such is found in the ioyntes of them, whiche haue the gowte.

Fleume. Salt, whiche is myngled with coler.
Sower, myrte with melancholy, which commeth of corrupt digestion.

Harsh, thycke and grosse, whiche is seldom founden, whiche tasteth lyke grene crabbes or sloes.

Stiptyke or bindinge, is not so grosse nor cold, as harsh, and hath the taste lyke to greene redde wyne, or other like straininge the tunge.

Ponticum

Choler

Choler doth partycypate with naturall heate as longe as it is in good temperaunce, and therof is also two kyndes.

S Naturall and
Unnaturall.

Choler na-
turall,

Naturall coler is the some of bloud, the colo^r wherof is redde and clere, or moze lyke to an orēge colour, and is hot and drye, wherin the fire hath dominion, and is lyght and sharpe, and is engendred of the most subtyll parte of matter decocte, or boyled in the stomacke, whose beginninge is in the lyuer.

C Unnaturall choler is that whiche is mypte or corrupted with other humours, wherof be foure kyndes.

Choler vn
naturall

Citrine or yelowe choler, which is of the mixture of natural choler & warty fleume, & therfore hath lesse heat than pure choler.

Yelky, like to yelkes of egges, which is of þ mixture of fleume congeled, & choler natural, and is yet lasse hote than the other.

Grene like to lekes, whose begining is rather of þ stomak, than of þ lyuer. Grene like to grene caker of mettal, & bourneth like venim, & is of exceeding adustiō of choler or fleume: & by these two kides nature is mortified.

THE FYRSTE

Cmelancoly or blacke cholter is
deuyded in to two kyndes.

Naturall, whyche is the dregges of pure
bloud, and is knownen by the blacknes, whā
it issueth either downewarde or upwarde,
and is verily colde and drye.

Innaturalle, whyche procedeth of the ad-
uision of colerik mixture, and is hotter and
lighter, hauynge in it violence to kyll, with
a daungerous disposition.

Meates ingendrynge cholet.	Inwardes of beastes. Lambes fleshe.
Garlyke.	The synewe partes of fleshe.
Onyons,	Skynnes.
Rokat,	Braynes.
Karses.	Lunges,
Lekes,	Rapes,
Mustarde,	Cucumbers,
Pepper,	Replecion,
Honye,	Lacke of exercise.
Wyne moche dronken,	
Swete meates	

Meates ingendrynge fleume.	Meates ingendrynge melancoly.
C all flynye and clea- uyng meates.	C biefe.
Chese newe.	Gotes fleshe.
All fyshe, specyally in a fleumatike stomake.	Hares fleshe.
	Bozes fleshe.
	Halte fleshe.
	Halte fyshe.

Cole-

Colewortes.	Blacke wyne,
All pulse, excepte whyte peason.	Olde chese.
Browne breadde course.	Olde fleshe.
Whycke wyne.	Great fishes of the sea.

¶ Of the members.

¶ There be diuersities of mem bers, that is to saye.

The byapne.

Principall members. } The harte,
The lyuer,
The stones of generation.

Diffycialle members. { Synewes, whiche doo serue to the
braine.
Arteries, or pulses, whiche do serue
to the harte.
Waynes, which do serue to the lyuer.
Vessels spermatike, wherin mannes
seede lyeth, whyche doo serue to the
stones.

Partes called Si- milares, for beinge deuyded, they re- main in them self like as they were.	Bones. Gristell. Calles betwixt the vttermoste skinne and the fleshe. Muskelz or fylets. Fatte. Fleshe.
--	---

知 ii

Bein-

THE F Y R S T E

Members in- S The stomake.
 strumentall. S The raines.
S The bowelles.
 All the great synewes.
 These of their vertue do appetite meate & alter it.

Meates whiche do hurte the teethe.	Garlyke, Onyons.
C Very hotte meates, Nuttess,	Coleworzes, Radyshes.
Swete metes & dzykes Radyshes rootes,	Reedyng after supper iminediatly.
Harde meates.	
Wylke.	Makynge great oppi- lations.
Bytter meates.	
Moche vomyte.	C Thycke mylke.
Leekes,	All swete thinges.
Fyshes fatte.	Rye bzeadde.
Lymones.	S weete wynes.
Coleworzes.	
Thynges which do hurt the eyes.	Meates inflatorynge or wyndye.
C Dunkennelle.	C Beanes.
Lecherye.	Lupines.
Muste,	Cicer,
All pulse.	Mille,
Swete wynes, and thycke wynes,	Cucumbers.
Hempe sede.	All iuyce of herbes.
Very falte meates	Fygges dyre.
	Rapes,
	Rauewes rawe.

Wylke

Mylke.

Hony not well clarified.

Swete wyne,

Muste.

Thinges good for a colde
head.

C Cububes.

Galingale.

Lignum aloes.

Matozam,

Baulme myntes.

Gladen.

Autmygges,

Muske,

Rosemarye,

Roses,

Pionye.

Hyslope,

Spyke,

Yzeos.

Penyroyall.

Saulge.

Elycampane.

Calamyn.

Betayne.

Sauery.

Fenell.

Labdanum.

The leues of laurell.

Ambra.

Cannomylle.

Mellylote.

Rewe,

Frankincense.

Hote thinges conseruyng
& colde Harte.

C Cynamome.

Saffron.

Cozalle.

Cloues,

Lygnum aloes.

Perles,

Macis,

Baulme myntes.

Myzabolanes,

Muske.

Autmigges,

Rosemarye.

The bone of the harte
of a redde deere.

Matozam,

Buglosse.

Bozage.

Setuall.

Golde.

Ambra.

Cardamomum.

Basyll.

Been redde and whyte.

Betayne.

Dili

Thinges

THE FYRSTE

Thynges good for the
Lyuer.

C wormewode.
Wyth wynde.
Agrymonye.
Saffron.
Cloues.
Endyue.
Lyuerworte.
Cykorie.
Plantayne.
Dragons,
Rasons greatte,
Saunders.
Fenell.
Violettes.
Rosewater,
Lettyse.

Thynges good for the
Lunges.

C Glycampane.
Hysope.
Scabiose.
Lykorie.
Rasons.
Mayden heare,
Penidies,
Almondes,
Dates,
Pystaces,
Agnis.

Thynges good for the
eyes.

C Eyebyght.
Fenell.
Verupyn.
Roses.
Celandyn.
Agrymonye.
Cloues.
Colde water.

Thynges makyng the stro-
make stronge.

C Mirabolanes.
Nutmygges.
Organum.
Pystaces.
Quynces.
Olybanum,
Wormeworde,
Saffron,
Coralle,
Agrymonye,
Funytorpe,
Galungale,
Cloues,
Lignum aloes,
Mastix,
Mynte,
Spodium,
The innermost skynne

of a hennes gysar.	The ride of an orēge.
Coriander prepared.	Rowghe wynes.
Olyue berries,	Wormwode stiped in
Baylons.	wyne or ale.
Nuttis with fyges.	Tarte grapes. Aloes.

¶ Of Powers.

{ Anymall,
 { Spirituall,
 { Naturall.

Naturall power, { Whiche dothe mynister.
 { To whome is mynistred.

Whiche dothe { Appetiteth,
 mynister, { Retaineth,
 { Digesteth,
 { Expellet.

To whome is { Ingendreth,
 mynistred, { Nourissheth,
 { Feedeth.

Power spirituall { Warkynge, whiche delateth
 { the hartz and arteryes, and
 { eftesoones strayne the them.
 Wroughte, whiche is styyed
 { by an exteriour cause to worke,
 { whereof cometh anger, indi-
 { gnation, subtiltie, and care.
 That

THE FYRSTE

Power animall

That whyche ordeyneth, dylcerneth, and composeth.
That moueth by voluntarie mocyon.
That whyche is called sensibile, whereof do procede the syue wyttes.

Of that which ordeyneth do procede

Imagination in the forheed.
Reason in the braine.
Remembraunce in the nodell.

Operations.

Appetite by heate and drythe.
Digestion by heate and moisture.
Retaynyng by colde and drythe.
Expulsion by cold and moist.

Spirite is an appy substance subtyll, styrynge the powers of the body to perfourme theyz operations, which is dyuyded into

Spirit

Naturall, whiche taketh is beginninge of the lyuer, and by the baynes, whiche haue noo poulse, spreadeth into all the holle bodye.
Vitall, whiche procedeth from the hatte, and by the arteries or pulses is sente into all the body.
Anymalle, whiche is ingendred in the brayne, and is sente by the synewes throughout the body, and maketh sence or feiynge.

An-

¶ Annexed to thynges naturall.

Adolescency to. xxv. yeres, hotte
and moist, in the whiche tyme
the body groweth.

Juuentute vnto. xl. yeres, hotte
and drye, wherin the body is in
perfyte growthe.

Ages be fourte.

Senectute, vnto. lx. yeres, colde
and drye, wherin the bodye be-
ginneth to decrease.

Age decrepitate, vntil the last tyme
of lyfe, accidently moist, but na-
turally cold and dry, wherin the
powers and strength of the bo-
dy be more and more minished.

¶ Colour.

¶ Of inward causes.

¶ Of outwarde causes.

Of equalytie of humoures, as
he that is redde and white.

Of inequalytie of humoures,
wherof doo procede, blacke, sa-
lowe, or white onely.

Colour of in-
ward causes.

Redde, } do betoken domy-
Blacke, } nion of heate.
Salowe, } white, colde of fleume.
Vale, colde of melancolye.
Redde, abundaunce of bloudde.
Salowe, choler citrine,
Blacke, melancoly or coler adust.

E

¶

THE F Y R S T E

Colour of out-
warde causes. { Of colde or heate, as englyshe
mē be white, Morisēs be black.

{ Of thynges accydentalle, as
of feare, of anger, of sorowe, or
other lyke motions.

Colour of
heare. { Blacke, either of abundaunce of co-
ler inflamed, or of moche incen-
dyng or aduision of bloudde.
Red heare of moche heate not adust.
Gray heares of abundaunce of me-
lancholye.
Whyte heares of the lacke of natu-
rall heate, and by occasyon of
fleyme putrifyed.

Call the resydue concerninge thinges naturall,
conteyned in the Introduction of Joannicius,
and in the lyttell crafte of Galene, I purposely
passee ouer for this tyme, for asmoche as it dothe
requyze a redet hauyng some knowlege in phi-
losophye naturall, or els it is to harde and ted-
ouse to be vnderstande.

CTHE SECONDE TABLE.

THYNGES not Naturall be soo called, by
cause they be no portion of a naturall body,
as they be which be called Naturall thinges: but
yet by the temperance of them, the body beinge in
healthe, is therin preseruyd. By the dystempe-
raunce

raunce of them, syckenesse is induced, and helth is dissolved.

C The syste of thinges not naturall is ayre, or breth which is properly of it selke, or of some materiall cause or occasion, good or yll.

C That which is of it selke good, hath pure vapours, and is of good sauour.

C Also it is of it selke swifte in alteration, from hotte to colde, wherin the body is not moche prouoked to sweate for heate, ne to chylle for behemency of colde.

C Ayre among al thinges not natural, is chiefly to be obserued, forasmoch as it dothe both inclose vs, and also enter into our bodyes, specially the moste noble member, which is the Harte, and we can not be seperate one howze from it, for the necessarie of breathinge and fetchinge of wynde.

The causes, wherby the ayre is corrupted, be specyally four.

C Influences of sundry sterres.
Create standyng waters neuer refreshed.

C Carayne lyenge longe aboue grounde.

C Moch people in smal roume lusing vncleynly and sluttishely.

C Wyndes bryngyng **C** North, which prolongeth lyfe by expoulsyng ylle vapours.

C East is temperat & lusty.

C Ett

C South

THE F Y R S T E

Southe corruptethe, and ma-
wyndes bryn-
gynge yll ayre. } keth yll vapours.
 } Weste, is very mu table, why-
 che nature doth hate.

Of meate and drinke.

CIn meate and drynke we muste consyder syxe
thynges.

Substaunce,
Quantitie,
Qualitie,
Custome.
Tyme,
Order.

CSubstaunce, somme is good, whiche maketh
good iuyce, and good bloudde: some is ylle, and
ingendreth yll iuyce, and yll bloudde.

Meates and drynkes makyng good iuyce.

BRead of pure flour
somwhat leuened,
well baked, not to olde
nor to stale.

Egges of fesantes hen-
nes or partriches newe
layd, poched, meane be-
twene rere and harde.

Yylke newe mylked
dronke fastynge, wher-
in is sugar, or the lea-

ues of myntes,
Fesauntes,
Partriches or chikens,
Caponis or hennes,
Wyrdes of the fieldes,
Fishe of stony ryuers,
Weale suckinge,
Porke yonge,
Bieke not passyngre thre-
yeres.
Pygeons.

Venyson

Venyson of redde dere.	Inwarde of beastis.
Pease potage with myntes,	Blacke puddynges.
Fete of swine or calues.	The hart lyuer and kyd neys of all beastes.
Fygges ripe, before Raysons, 2meales.	The braynes and mary of the backbone.
Bozage.	Wodde culuers.
Languedebiese.	Shell fythe, excepte cre- upe deau doulce.
Persely.	Chese harde.
Myntes.	Apples and peres mo- che vsed.
Ryse with alnōd mylk.	Fygges and grapis not rype.
Letyle,	All rawe herbes, except letile, bozage, & cykory.
Cycozie.	Oniōs, cōtinuelly eate.
Grapes rype.	Garlik, specially of the Lekes, which be chole ryke.
Wynes good moderat- ly taken, well fyned.	Wine in must or sourē.
Ale and biere syr dayes old, cleane brewed, and not stronge.	Feare, sozowe, pen- syfenesse.
Mirth and gladnesse.	Meates and drynkes ma- kyngē yll iuyce.
The lyuer and braines of hennes and chykens and yonge geese.	Meates makynge thycke iuyce.
Meates and drynkes ma- kyngē yll iuyce.	Rye bzeadde.
Olde byfe.	Muste.
Olde mutton.	Breadde without leuen.
Geese olde.	Cake breadde,
Swanne olde.	Sea fyshe greatte.
Duckes of the kanell.	Ei
	Shelle

THE SECONDE

Shelle sylshe.	Fenell.
Biefe,	Cheese,
The kydney.	Egges fryed or harde,
The lyuer of a swyne,	Chesten nutes,
The stones of beastes.	Dauelves,
Mylke moche sodden.	Fygges grene.
Rapes.	Appuls not ryppē,
All rounde rootes,	Pepper.
Cucumbers,	Kokat.
Swite wyne.	Lekes,
Deepe redde wyne.	Onyons, moche blēd.

THE SECONDE
BOKE.

Of Quanticie. C. 1.



THE Quanticie of meate muste be propozcioned after the substance and qualite therof, and accordinge to the complexion of hym that eateth. Fyrst, it ought to be remembred, that meates hote and moyste, whiche are qualties of the bloudde, are soone courned into bloudde, and therfore moche nou-ryssheth the body. Some meates do nourishe but lyttell, hauyng lyttell conformite with bloudde in their qualities. Of them, whiche do nourishe, some are more grosse, some lyghter in digestyon. The grosse meate engendreth grosse bloude, but whiche

where it is well concocte in the stomake, and well digested, it maketh the fleshe moze fyne, and the officiall members moze stronge, thanne fyne meates. Wherfoze of men, which vse moch labo^r or exercise, also of them, which haue very chole-
rike stomackes here in Englande, grosse meates may be eaten in a great quantitie: and in a chole-
rike stomake bise is better dygested than a chy-
bens legge, for as moche as in a hote stomacke
fyne meates be shorly aduste and corrupted.

Concocte
or boyled

Concarywise in a colde or fleumatyke stomake
grosse meate abydeth longe vndigested, and ma-
keth putrified matter: lyght meates therfore be
to suche a stomacke moze apte and conuenient.
The temperate bodye is beste nourysshed with a
lyttell quantitie of grosse meates: but of tem-
perate meates in substauice and qualytie, they
maye safelye eate a good quantitie. For seene al-
way, that they eate withoute gourmandyse, or
leauie with sommire appetyte. And here it wolde
be remembred, that the cholericke stomake doth
not desp^re soo moche as he maye dygest: the me-
lancholyke stomake maye nat dygeste soo moche
as he desyreteth. For colde maketh appetite, but
naturall heate concocteth or boyleth. Not with-
standyng vnnaturall or supernaturall heate di-
stroyeth appetite, and corrupteth dyggestyon, as
it appereth in feuers. Moze duc^t, fruytes and
herbes, spccially rawe, wolde be eaten in a small
quantitie, all though the persone be very cho-
lericke, for as moche as they do ingender thynne,
waltye

Adust or
burned.

Gourma-
dyse or
glouteny.

THE S E C O N D E

Watrye bloudde, apte to receyue putryfactyon, whiche all thoughte it be not shortelye perceyued of theym that vse it, at lengthe they feele it by sondrye dyseases, whiche are longe in comynge, and shortelye sleeth, or be hardely esca- ped. Fynally, excesse of meates is to be abho- red. For as it is sayde in the booke called Eccle- siastycus, In moche meate shall be lyckenesse, and inordinate appetite shall approche vnto cho- ler. Semblablye, the quantitie of drynke wolde be moderated, that it excede not, nor be equalle vnto the quantitie of meate, specially wyne, whi- che moderately taken, aydeth nature, and com- foorth her, and as the sayde authour of Eccle- siasticus sayth, Wyne is a reioycinge to the soule and bodye. And Theognes saythe, in Galenes warke, A large draught of wyne, is yll. A mode- rate draught is not onely not yll, but also commo- diouse or profytable.

Of qualite of meates. Cap. 2.

Qualytie is in the complexion, that is to say, it is the state therof, as Hotte or colde, moist or dry. Also some meates be in wynter colde in acte, and in vertue hotte. And it wolde be con- sidered, that euerye complexyon temperate and vntemperate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche excedeth moche in dystemperaunce, by that whiche is contrarye to hym in fourme or qualitie

qualytie, but lyke in degree moderately vsed. By fourme is vnderstand grossenesse, fynenesse, thickenesse, or thynnesse, by degree, as the fyriste, the seconde, the thyrd, the fourthe, in heate, colde, moysture, or drythe.

Of Cystome. Capit. 3.

Cystome in feedynge is not to be contemned, for lyttell regarded: for those meates, to the whiche a man hathe bene of longe tyme accusstomed, though they be not of substaunce commen-
dable, yet do they somtyme lasse harme than bet-
ter meates, whervnto a man is not vsed. Also the
meates and drynkes, whiche do moch delyte hym
that eateth, are to be preferred before that, which
is better, but moze vnsauerye. But yf the cu-
stome be soo pernycioule, that hit needes muste
be lefste, thanne wolde it be withdrawen by lyt-
telle and lyttelle in tyme of healthe, and not of
lyckenesse. For yf it shoulde be withdrawen in
tyme of lyckenesse, Nature shulde sustayne tre-
ble detriment, fyriste by the grief induced by lyk-
nenesse, seconde by receyvynge of medicines, third-
ly by forbearyng the thyng, wherin she deliteth.

F

Of

Hippocra-
tes apho-
rismo. 2.

Galenus.

THE S E C O N D E
¶ Of the temperature of meates to be
receyued. Cap. 4.

TO kepe the body in good temper, to theym, whose naturall complexion is moist, ought to be gyuen meates, that be moyste in vertue or power. Contrarywise to theym, whose naturalle complexion is drye, ought to be gyuen meates drye in vertue or power. The bodyes vntemperate, suche meates or dynkes are to be gyuen, whiche be in power contrary to the distemperance, but the degrees are alwaye to be considered, as welle of the temperaunce of the bodye, as of the meates. For where the meates doo moche excede in degree the temperature of the bodye, they annoy the body in causyng distemperaunce, As hot wynes, pepper, garlycke, onyons, and salte, be noyfull to theym, whiche be choleryke, because they be in the highest degree of heate and drythe, aboue the iuste temperaunce of mannes body in that complexion. And yet be they oftentimes holosome to them, whiche be fleumatike. Contrarye wyse, colde water, colde herbes, and colde fruities moderately vsed, be holssom to cholericke bodyes, by puttinge away the heate, exceedinge the naturall temperature: and to them, whiche be fleumatike, they be vnholosome, and doo byngage into them distemperaunce of colde and moist.

what

¶ what distemperaunce hapneth by the excesse
of sundry qualities in meates and
drynkes. Cap. 5.

Colde, do congele and mortifye.
Moyst, do putrifie and hasten age.
Dyre, sucketh vp naturall moisture.
Clammy, stoppeth the issue of vapors
and vrine, and engendreth tough
fleume and grauell.
Fatte and oyly, swyminmeth longe in
the stomake, and bryngeth in lothe-
sommesse.
Bytter, dothe not nouryshe.

Meates < Bytter, dothe not nouryshe.
Salte, do frette moche the stomake.
Harryshe, lyke the taste of wylde frui-
tes, do constipate and restrayne.
Swete chauffeth the bloudde, and
causeth opilations or stoppynges of
the pozes and cundytes of the body.
Sowre cooleth nature, and hasten-
neth age.

THE SECONDE

¶ what commoditie happeneth by the moderate
use of the sayd qualities of meates
and drynkes. Cap. 6.

Meates.

Cold asswageth the burning of coler,
Moist humecteth that which is dyed.
Dry, consumeth superfluous moisture
Clammye, thycketh that, whyche is
subtyll and persyng.
Bytter, clenseth and wypeth of, also
mollifieth and expelleth fleume.
Halte, relenteleth fleume clammy, and
dryeth it.
Fatte and vnctuous, nourisheth, and
maketh soluble.
Stiptike or rough on the tongue, bynd-
eth and comforzeth appetite.
Sweete, dothe clenle, dissolute, and
nouryshe.

¶ Of breadde. Cap. 7.

Breadde of syne floure of wheate, hauyng
no leuyn, is slowe of digestion, and makethe
symp humours, but it nourysheth moche: if it be
leuyned, it digesteth sooner: breade hauing moch
branne, fylleth the bealy with excremente, and
nourysheth lytell or nothyng, but shortly descen-
deth from the stomake: The meane betwene both
sufficiently leuyned, well moulded, and moderat-
ly baken is the moste holosome to euerye age, the
greatest loues do nouryshe most fast, soz as moch
as

as the fyze hathe not exhausted the moysture of them. Hotte breadde, moch eaten, maketh fulnes and thyaste, and slowely passeth. Barley breadde clenseth the body, and doth not nouryfhe so moch as wheate, and maketh colder iuyce in the body.

¶ Offleshe. Cap. 8.

Bife of Englande to Englysshemen, whiche are in helth, bringeth stronge nouryshynge, but it maketh grosse bloude, and engendreth melancholy: but beyng of yonge oxen, not excedyng the age of four yeres, to them, whiche haue colerike stomakes, it is moare conuenient, than chikens, and other lyke fyne meates.

Swynes fleshe.

Aboue all kyndes of fleshe in nouryshynge the body, Galene most commendeth poake, not being of an olde swyne, and that it be well digested of hym that eateth it. For it maketh beste iuyce, it is mooste conuenient for yonge persons, and them whiche haue susteyned moch labour, and therwith are fatigate, and become weake, yonge pigges are not commended before that they be one month old, for they do bryde superfluous humours.

Lambe,

Is verye moyste and flumatike, wherfore it is not conuenient for aged men, except that it be verye drye rosted, nor yet for theym, whiche haue in their stomake moche fleume.

Mutton,

Galene dothe not commende it, not withstan-

Fiii dinge

THE S E C O N D E

De alimē. ding experience proueth here in this realme, that
lib. 3. ys it be yonge, it is a right temperate meate, and
maketh good iuyce: and therfoze it is vsed more
than any other meate, in all diseases. And yet it
is not lyke good in all places, nor the shepe, why-
che beareth fynest wolle, is not the swetest in ea-
tyng, nor the moste tender. But I haue founds
in some countrys mutton, whiche in whitenesse,
tendernes, and swetenesse of the fleshe, mought
be well nygh compared to kyddē, and in digestion
haue proued as holsome.

Kyddē and ueale,

Of Galene is commended nexte vnto porke,
but some men do suppose, that in helth and liknes
they be moch better than porke, the iuyce of them
both being moze pure. And here it is to be noted,
that of all beastes, whiche be dypē of their nature,
the yongest be mooste holsome: of them that are
moyste, the eldest are leſt hurtfull,

Hare, Cony,

Hippo. de ratione ui Etus lib. 2. cap. 19. Plin. 28. Maketh grosse bloudde, it dryeth and stoppeth,
but yet it prouoketh a man to pisſe. Cony maketh
better and moze pure nouryshment, and is sooner
digested than hare. It is well proued, that there
is noo meate moze holsome, or that moze cleane,
firmely, and temperatly nourysheth than rabettes.

Dere redde and falowe.

Hippocrates affygneth the fleshe of hartes and
hyndes, to be of yll iuyce, harde of digestion and
drye, but yet it moueth vrine. Of falowe dere, he
nor any other olde writer dothe speake of, as I
remember

remembred. I suppose, bycause there be not in all the wold so many as be in Englannde, where they consume a good parte of the beste pasture in the realme, and are in nothyng profytalbe, sauyng that of the skynnes of them is made better lether than is of calues: the huntyng of them beyng not so pleasaunt, as the huntyng of other benvynge or vermyne, the fleshe moche moze vnholsome and vnplesant, than of a redde dere, ingendryng melancoly, and makinge many feareful dreames, and disposeith the bodye to a feuer, if it be moche eaten: not withstandinge the fatte therof, as som lerned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

THe fleshe of all byrdes, is moch lighter than the fleshe of bestes in comparison, most specially of those foulles, whiche truste most to theyr wynges, and do breste in high countreys.

Capons, Hennes, and Chyckens.

CThe Capon is aboue all other foulles praised, for as moche as it is easily digested, and maketh lyttel ordure, and moche good nouryshment. It is commodious to the breste and stomake.

Hennes in wynter, are almooste equall vnto the capon, but they do not make so stronge nourishe-
ment. Auycen sayth, if they be rosted in the bealy
of a kyddle or lambe, they wyll be the better.

Chickens in sommer, specially if they be cockrelles are very conuenient for a weake stomake, and nourisheth

THE S E C O N D E

nourisheth a lytell. The fleshe of a cocke is hard of digestion, but the brothe, wherin it is boyled, louseth the healy, and hauynge sodden in it coleworxes, Polypodium, or Cartamus, it purgith yl humours, and is medicinable agaynste gowtes, joynt aches, and feuers, which come by courses,
Fesaunt,

Excedeth all fowles in swetenesse and holsomnesse, and is equall to a capon in nourishynge, but he is somewhat drier, and is of some men putte in cōparison, meane betwene a henne & a partriche.

Partryche,

Of all fowles is most sonest digested: and hath in hym moche nutritioun, comforzeth the brayne, and maketh sede of generation, and receiueth lust whiche is abated.

Quayles,

Although they be of some men commended, yet experiance proueth them to increase melancolye, and are of a small nourisshinge.

Larkes,

Be as well the fleshe as the broth, very holsom, eaten rosted, they do moche helpe agaist the co-lyke, as Dioscorides sayth.

A plouer,

Is slowe of digestion, nourisheth lytell, and increaseth melancolye.

Blache byrdes or ousyls,

Amonge wylde fowle hath the chiese prayse, for lyghtnesse of digestion, and that they make good nourishment, and lyttell ordure,

Sparowes,

Sparowes

Be harde to digest, and are very hote, and styr-
reth vp Venus, and specially the brayns of them.
woodcockes,

Are of a good temperaunce, and metely lyghte
in digestion.

Pygeons,

Be easily digested, and ar very holsom to them,
whiche are fleumatike, or pure melançoly.

Goose,

Is hard of digestion, but being yong and fatte,
the wynges be easy to dygeste in a hole stomake,
and nourysheth competently.

Ducke,

Is hoter than goose, & hard to digest, & maketh
wars iuice, sauing the braunes on the brest bone
and the necke is better than the remnaunt.

Crane and bustarde,

Crane is harde of digestion, and maketh ylle
iuyce, but beinge hanged vp longe in the ayre, he
is the lasse vnholsome. Bustarde being fatte, and
kept without meate a day or two afore that he be
kylled, to expulse his ordure, and than drawen,
and hanged as the crane is, beinge rosted or ba-
ken, is a good meate, and nourysheth well, if he
be well digested.

Hearon, Byttour, Shoueler,

Beinge yonge and fatte, be lyghtlyer dygested
than crane: and the byttour sooner than the hea-
rone. And the shoueler sooner than any of them:
but all these fowles muste be eaten with moche

THE S E C O N D E

gynger or pepper, & haue good olde wine drunke
after theym, and soo shall they be more easlye
dygested, and the iuyce commyng of theym, be
the lasse noyfull.

¶ The partes and members of byrdes and
beastes. Cap. 9.

The wynges brawnes and necke of gese, capons, hennes, fesaunt, partriche, and smalle byrdes beinge fatte, are better than the legges in digestion, and lyghter in nourishyng. Of wylde foule and pygeons beinge fatte, the legges are better than the wynges: the brawnes of ducke, teale, and wygeon except, whiche is better to digeste than the residue.

The gysar or stomake

Of a goose or henne beinge fatte with branne and mylke, beinge well sodden or made in poulder, is good for the stomake, in makinge it strong to digest, and nourysheth competently.

The lyuer,

Of a capon, henne, fesaunte, or goose, beinge made fatte with mylke myxte with their meate, is not onely easy to digeste, but also maketh good iuyce, and nourysheth excellently. But the lyuers of beastes be yll to digest, passethe slowly, and maketh grosse bloud, but it is strong in nourischinge.

The

The inward of beastes, as trypes and chyterlynges.

The fleshe of them is more harde to dygest. And therfore although they be wel digested, yet make they not iuyce naturallye sanguyne or cleane, but rawe iuyce and colde: and requyzereth a longe tyme to be conuerted in to bloud,

The lunges or lyghtes,

Are more easy to digest, than the lyuer, and lasse nourisheth, but the nourishment, that it maketh, is fleumatike: albeit the lunges of a fore, is medicinable for them, which haue siknes of þ luges.

The splene or mylte,

Is of yl iuice, for it is the chamber of melancoly.

The harte,

Is of harde fleshe, and therfore is not wel digested, nor passeth shortly, but where he is wel digested, the iuyce þ it maketh, is not to be dispriaised.

The brayne

Is fleumatike, of grosse iuyce, slowe in dygestyng, noyouse to the stomake, but where it is wel digested, it nourisheth moche.

Marowe

Is more delectable than the brayne, it is yll for the stomacke, but where it is well digested, it noysheth moche.

The stones and vdders

Beinge well digested, do nouryshe moche, but the stones are hotter with their moistnes, the vdders colde and fleumatike, they both do increase sede of generation, but the bloud made of the vdd-

THE S E C O N D E

der is better than that, whiche cometh of the stones, excepte it be of calues and lambes. Also the stones of cockes, maketh commendable nourishmet.

The head,

The fleshe therof nourysheth moche, and augmenteth seede: but it is slowe of digestion, and noyeth the stomake, but to them, whiche vse moche exercise, it is not discommendable.

The tounge,

Is of a spūgy and sanguine substance, but the kernelles and gristell, whiche are in the rootes, if they be wel digested, they make good nourishmet: if they be not wel digested, they make fleime.

The feete

Beinge welle boyled and tender, in a halle stomake, dygesteth welle, and maketh good iuyce, and passeth forth easily. Galene commendeth the fete of swyne. But I haue proued, that the feete of a yonge bullocke tenderly sodden, and layde in slowe two dayes or thre, and eaten colde in the eueninginge, haue brought a colerike stomake into a good digestion and slepe, and therwith hath also expulsed salt fleime and coler, and this haue I found in my selfe by often experiance: alway forseen, that it be eaten before any other meate, with out dynkyng immediatly after it.

Offyshe generally. Cap. 10.

The beste fyche after the opinion of Galen, is that, whiche swymmeth in the pure sea, and is tossed and lyfte vp with wyndes and soughes.

The

The more calme that the water is, the warse is the fyſhe, they whiche are in muddy waters, doo make moche fleume and ordure: taken in fennes and dyches by warſte, beinge in freſſhe ryuers, and ſwyſte, be ſometyme commendable: all be it generally, al kyndes of fyſhe maketh moche thinner bloud, than fleſhe, ſo that it dothe not moche nouryſhe, and it doth ſoner paſſe out by vapoſs: to a hotte colerike ſtomeake, or in feuers, ſomtyne they be hollome, being newe, freſhe, and not very harde in ſubſtance or ſlymy. harde fyſhe is harde of digetiōn, but the nouriſhment therof is moche firme, than that, which is loſte: thole which haue moche groſſe humours in them, ar beſt, poudred.

¶ Of Butter. Cap. 11.

Butter is alſo nouriſhyng, and profiteth to them, whiche haue humours ſuperfluouſe in the breaſte or lunges, and lacketh rypynge and clenſyng of theym: ſpecially if it be eaten with ſugar or honye. If it be well ſalted, it heatethe and clenſeth the moze.

¶ Of Chese. Cap. 12.

Cheſe by the hole ſentencē of all wriſters, letteth digetiōn, and is enemye unto the ſtomeake. Alſo it ingendreth yll humours, and breditheſt the ſtone. The cheſe which doth leſt harine, is loſte cheſe, reaſonably ſalted, which ſome men do ſuppoſe, nouryſheth moche.

¶Of Egges. Cap. 13.

Eges of fesauntes, hennes, and partryches. Be of all other meates moste agreeable vnto nature, specially if they be newe layde: If they be rere, they do clese the throte and brest. If they be harde, they be slowe in digestion, but beyng ones digested, they do nouryshe moche. Meane betwene rere and harde, they digest conueniently and nouryshe quyckely. Egges well poched, are better than rosted. If they be fried harde, they be of yll nouryshment, and do make stynkyng fumes in the stomake, and do corrupt other meates with whome they be myngled. They be most holosome whan they be poched, and moste vnholosome whan they be fryed, *Dioscorides* sayth. If they be souped warme, before any other meat, they do heale the grefes of the bladder and raynes, made with grauell: also sorenes of the chekes & throte, and spittyng of bloude: and they be good agaist catars or stilling out of the hed into the stomake.

¶Of Fruites. Cap. 14.

F_Oras moche as before that tyllage of corne was inuented, and that deuouringe of fleshe and fyshe was of mankynde vsed, men vndoubtedlyed lyued by fruites, and Nature was therewith contented and satisfied: but by chaunge of the diete of our progenytours, there is caused to be in our bodyes, luche alteration frome the nature, whiche was in men at the begynnyng, that nowe all fruites generally are noysfull to manne, and

and do engender yll humours, and be ofte tymes the cauise of putrifid feuers, if they be moche and continually eaten. Not withstanding vnto them, which haue abundaunce of coler, they be somtyme conuenient to represse the flame, which procedeth of coler. And some fruites whiche be styptike, or bynding in fast, eaten before meales, do bynd the bely, but eten after meales, they be rather laxatiue

¶ Of Gourdes.

Gourdes rawe be vnpleasant in eatinge, yll for the stomake, and almost neuer digested, therfore he that wyll nedes eat them, must boyle them, roste them, or frye them, euery waye they be without sauour or taste, and of theyz proper nature, they gyue to the body cold and moist no xishment, and that very lyttell, but by reason of the syppernes of their substance, and bycause al meates whiche be moiste of their nature, be not byndynge, they lyghtly passe forth by the bealye. And being well ordred, they wyll be metely concoct, if corruption in the stomake do not preuent them: they be cold and moist in the seconde degree.

¶ Of Melones and Pepones.

Melones and Pepones be almooste of oone kynde, but that the melone is rounde lyke an apple, and the innermoste parte therof, where the sedes are conteyned, is vsed to be eaten. The Pepon is moche greater, and somewhat longe and the inner part therof is not to be eaten: They both

bothe are very colde and moist, and do make yll iuyce in the body, if they be not well digested, but the pepon moch more than the melon, they do least hurt, if they be eaten afore meales. Albe it, if they do fynde in the stomake fleume, they be turned in to fleume, if they finde choler, they be turned in to choler. Not withstandyng there is in theym the vertue to clese & to prouoke brine, they be colde and moist in the seconde degree.

¶ Cucumbers.

Galen. de
alimen.
f2.2.

Cucumbers do not excede so moche in moisturē as melons: and therfore they be not so soone corrupted in the stomacke: but in some stomaches, being moderatly vsed, they do digest wel: but if they be abundantly eaten, or moche vsed, they ingender a colde and thycke humour in the veynes, whiche never or seldome is tourned in to good bloud, and somtyme bryngeth in feuers. Also they abate carnall lust. The sedes as wel thereof, as of melones and gourdes, beinge dryed, and made cleane from the huskes, are very medycynable against syckenesses procedyng of heate, also the difficultie or let in p̄slyng, they be colde and moist in the second degré.

Dates,

B̄ harde to digeste, therfore beinge moche eaten, and not wel digested, they annoy the head and cause gnawynge in the stomacke, and make grosse iuyce, and sometyme cause obstructyons or stoppynges in the lyuer and splene. And where there

there is inflammation or hardnesse in the bodye, they are vnholsome, but beinge well digested and temperately vsed, they nouryshe and make the fleshe firme, and also byndeth the bealy: olde da-
tes be hotte and dry in the fyrt degree: newe ga-
thered are hotte and moist in the first degree.

¶ Of Fygges.

Fygges eaten, do shortely passe out of the sto-
macke, and are soone distributed in to all the
partes of the body, and haue the power to clese,
specially grauelle, beinge in the raynes of the
backe, but they make no substancial nourishment,
but rather somewhat lowse and wyndye, but by
their quicke passage, the wynde is sone dissolued.
Therefore if they be rypp, they do least harme of a-
ny fruities, or almoste none. Dry figges and old,
are moze hotte and drye than newe gathered, but
beinge moche eaten, they make yll bloudde and
suyce, and as some do suppose, do ingender lyce,
and also annoyeth the lyuer and the splene, if they
be inflamed, but hauinge the power to attenuate
or make humours currant, they make the bodye
soluble, and do clese the raynes. Also beinge ea-
ten afyre dinner with gynger or pepper, or powder
of tyme, or peny royall, they profyt moch to them,
whiche haue oppilations or harde congeled mat-
ter in the inner partes of the body, or haue distil-
lations or reumes fallyng into the breste and sto-
make. New figges are hot and moist, olde figges
are hot in the first degree, and drye in the seconde.

THE S E C O N D E

¶ Of grapes and raisons.

Galen. de
aliam. 2. **G**rapes do not nouryshe so moch as fygges, but beinge rype, they make not moche ylle iuyce in the body: albeit newely gathered, they trouble the bealye, and sylleth the stomacke with wynde, therfore if they be hanged vp a whyle, er they be eaten, they are the lass noyfull. Sweete grapes are hottest, and do lowse somewhat, and make a man thyristy. Sowre grapes are cold, and do also lowse, but they are hard of digestion, and yet they do not nourishe. They whiche are in tast bytter or harryshe, be lyke to them that are soure. Raylons do make the stomake firme and strong, and do prouoke apetite, and do conforte weake bodyes, beinge eaten afore meales: they be hotte in the first degree, and moyst in the seconde.

¶ Of Cherries.

Cheries, if they be swete, they do soone slipp downe into the stomake, but if they be soure or sharpe, they be moxe holsome, and do louse, if they be eaten freshe, and newely gathered. they be cold and moist in the first degree.

¶ Of Peaches.

Peaches doo lassie harme, and doo make better iuyce in the bodye, for they are not soone corrupted being eaten. Of the iuyce of them may be made a syrope, very holsome agaynst the distemperance of coler, wherof procedeth a synkyng breathe. they be colde in the fyfthe degree, and moyste in the seconde.

¶ Of Appules.

AAppules eaten sone after that they be gathered, are cold, hard to digest, and do make yll and corrupted bloudde, but beinge well kepte vntyll the nexte wynter, or the yere folowinge, eaten after meales, they are right holosome, and doo confirme the stomake, and make good digestion, specially if they be rosted or baken, most properly in a cholerike stomake. They are beste preserued in hony, so þ one touch not an other. The roughe tasted appuls are holosome, where the stomake is weake by distemperance of heate or moche moy-
ture: The bytter appuls, where that griefe is in-
creased: The soure appuls, where the matter is
cong. led or made thycke with heate. In dys-
temperature of heate and drythe by drynkinge moch
wine, they haue ben found comodious, being ea-
ten at nyght, goinge to bedde, without drynkinge
to them: they be cold and moist in the first degree.

¶ Of Quynces.

Quynces be cold and dry, eaten afore meale, they bynde and restraine the stomake, that it may not digest well the mete, except that they be rosted or sodden, the coze taken out, and myrte with honye clarified, or sugar, than they cause good appetite, and preserueth the hed from drunkennesse: taken after meate, it closeth and dryweih the stomake togyther, and helpeth it to digeste, and mollyfieth the bealy, if it be aboun-
dantly taken. they be cold in the fyfth degree, and dry in the beginninge of the seconde.

THE SECONDE

¶ Of Pomegranates.

Pomegranates be of good iuyce, and profytable to the stomake, specially they, which are swete: but in a hotte feuer, they that are sowze, be moze expedient and holsome. for than the sweete do incende heate, and pusse vp the stomake.

¶ Of Peares.

Peares are moche of the nature of apples, but they are heuper, but taken after meate, rosted or baken, they are not vnholosome, and do restrain and knytte the stomake, beinge ryple: they be cold and moyst in the first degree.

¶ Medlars.

Medlars ar cold & dry, and cōstrictive or straininge the stomake, and therfoze they may be eaten after meales as a medycine, but not vsed as meate, for they engender melancoly, they be colde and dry in the seconde degree.

¶ Wallnuttes.

Wallnuttes, if they be blanched, are supposed to be good for the stomake and somewhat lousyng the bealy, myxt with sugar they do nou-rythe temperately. Of two drye nuttes, as many fygges, and .xx. leaues of Rewe, with a grayn of salt, is made a medicin, wherof if one doo eate fastyng, nothinge which is venomous, may that day hurte hym, and it also preserueth agaynst the pestilence, and this is the very ryght Mithridate. they be hot and dry in the second degre, after some opinions hot in the third degre, dry in the second.

Fyl-

Fylberdes and hasyll nuttes,

They are more stronge in substance than wall-nuttes, wherfore they are not so easily or sone digested. Also they do inflate the stomak, and cause head ache, but they ingender fatte. And if they be costed, they are good to restrayne reumes. Also eaten with pepper, they are good againste tourmentes of the bealy, and the stoppyng of vryne, they be hotte and drye in the fyrist degree.

Of Almonds.

They do extenuate and clese without any byndynge, wherfoze they pourge the breste and lun-
ges, specially bitter almondes. Also they do mol-
lyfy the bealy, prouoke sleape, and causeth to
pysse well. Syue or syre of them eaten afoze meat,
kepeth a man from beinge drunke: they be hotte
and moyste in the fyfth degree.

Chestyns.

They beinge rosted vnder the ymbers or hot ashes, do nouryshe the body strongly, & eaten with honyn fastyng, do helpe a man of the cough.

Prunes

Of the gardyn, and rype, do dispose a man to the stoole, but they do bryng no maner of nou-ryshement. To this fruite lyke as to figges, this propertye remayneth, that beinge dryed they doo profite. The damaske prune rather bindeth than loseth, and is more commodious vnto the sto- make, they be cold and moist in the second degree.

Olyues

Condyte in salt lycour, taken at the begynnyng

卷之三

THE S E C O N D E

of a meale, dothe corroborate the stomake, stireth appetite, and louseth the bealy, beinge eaten with vynegar. They whiche be ripe, are temperately hote: they whiche be grene, are cold and dry.

Of Capers.

They nourishe nothyng after that they be salted, but yet they make the bealy louse, and pourgeth fleume, whiche is therin conteyned. Also stireth appetite to meat, and openeth the obstructi-
ons or stoppyng of the lyuer and splene, beinge eaten with oxmell, before any other meate: they be hote and dry in the second degree.

Orenges.

The ryndes taken in a lyttell quantitie, do comfort the stomake, where it digesteth, specially condite with sugar, and taken fastynge in a smalle quantitie. The iuyce of orenges hauynge a taste of breadde put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamom, maketh a very good sauce to prouoke appetite. The iuyce eaten with sugar in a hotte feuer, is nat to be dis-
commended. The rynde is hotte in the firste de-
gree, and drye in the seconde. The iuyce of theym
is colde in the seconde degré, and dry in the fyfth.

Herbes vſed in potage, or to eate. Cap. 15.

Generally all herbes raw, and not sodden, do
tingender cold & watry iuyce, if they be eaten
customably, or in abundance: albeit some herbes
are more comestible, and do lasse harme vnto na-
ture, & moderately vsid, maketh metely good blud.

Lettyse.

¶ Letryse.

A Monge al herbes, none hath so good iuyce
as lettysse: for some men do suppose, that it
maketh abundance of bloudde, albeit not very
pure or perfyte. It dothe sette a hotte stosnake in
a very good temper, and maketh good appetite,
and eaten in the euenyng, it prouoketh slepe, al-
beit, it neither dothe lowse noz bynde the bealye,
of his owne propertie. It increaseth mylke in a
womanz brestes, but it abateth carnall appetite,
and moche blyngyng therof, hurterh the eye syght.
It is colde and moyst temperately.

¶ Colewortes and Cabages.

B Efore that auarice caused marchauntes to
fetche out of the easte and southe partes of
the wrold, the traffyke of spyce and sundry drou-
ges, to content the vnsaciablenes of wanton ap-
petites, Colewortes for the vertues supposed to
be in theym, were of suche estimation, that they
were iudged to be a sufficient medicine agaynst
all diseases, as it may appere in the boke of wyse
Cato, wherin he writheth of husbandry. But nowe
I wyll no more remember, than shalbe requyzed,
in that whyche shall be vised as meate, and nat
pure medicine. The iuyce thereof hath vertue to
purge: the holle leaues beinge halfe sodden, and
the water poured out, and they beinge put esteso-
nes into hot water, and sodden vntyll they be ten-
der, so eaten, they do bynde the bealy. Some doo
suppose, if they be eaten rawe wiche byneger, be-
fore meate, it shall preserue the stomake from sur-
fettynge

THE SECONDE

fettyng, and the head from drunkenesse: albeit moche vsyng of them dulleth the syght, excepte the eyes be very moyste. Fynally the iuyce that it maketh in the bodye is not so commendable, as that whiche is engendred of lettyse. It is hote in the first degree, and drie in the seconde.

¶ Of Cykorie or suckorie.

IT is lyke in operation to lettise, and tempereth coler wonderfully, and therfore in all colerike feuers, the decoction of this herbe, or the water therof stylled, is ryght expedient. semblably the herbe and rote boyled with fleshe, that is freshe, being eaten, kepereth the stomake and head in very good temper. I suppose that Sowthistel & Dent-delyon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bycause they ar wylde of nature, and moze bitter, and therfore causeth fastidiousnes or lothsonnesse of the stomake. It is colde and drie in the second degré.

¶ Endyue and Scariole.

CBe moche like in their operation to Cykorie, but they are moze conuenient to medicine than to meate. Albeit Scariole callyd whyte Endyue, hauyng the toppes of the leaues turned in, and layde in the erthe, at the latter ende of sommer, and couered, becometh white and crispe, lyke to the great stalkes of cabage lettyse, which take vp and eten with vineger coolith the heate of the stomake. And to them that haue hote stomakes and dryp, they be right holosome, but being to moch vsed, or in very great quantitie, they ingender the humour,

humour, whiche maketh the colyke. they be colde
and moist in the first degree.

Malowes

Are not colde in operation, but rather somwhat
warme, and haue in them a slyppernesse: wher-
fore being boyled and moderatly eaten with oyle
and vyneger, they make metely good concoction
in the stomake, and causeth the superfluous mat-
ter therin easily to passe, and clenseth the bealpe,
It is hotte and moist in the first degree.

white betes

Are also abstersiue, and lowseth the bealpe, but
moche eaten, annoyeth the stomake: but they are
ryght good against obstructions or stoppyng of
the lyuer, if they be eaten with vyneger or mu-
starde. lykewyse it helpeth the splene. It is colde
in the first degree, and moist in the seconde.

Pourslane

Dothe mitigate the great heat in al the inward
partes of the bodye, semblably of the head and
eyes: also it represelth the rage of Venus, but yf
it be preserued in salt or brine, it heateth and pur-
geth the stomake. It is colde in the thirde degré,
and moist in the seconde.

¶Cheruyle

Is verye profytale vnto the stomacke, but it
may not sustein very moch boiling: eten with vi-
neger, it prouoketh appetite, & also brine. The de-
coctiō therof drunk with wyne, clenseth þ bladder.

¶

Sozell

Galen. 2.
dealimes
tis.

THE SECONDE

Sorell

Beinge sodden, it louseth the bealy. In a tyme
of pestilence, if one beinge fastynge, doo chewe
some of the leaues, and sucke downe the iuyce, it
meruaylously preserueth from infections, as a
new practiser callid Guainerius doth write. And
I my self haue proued it in my houshold. The se-
des therof braied and drunke with wine & water,
is very holsome agaynst the celyke, and frettinge
of the guttes. it stoppeth flures, and helpeth the
stomake annoyed with replecion. It is cold in the
third degree, and dry in the seconde.

Persely

Is very conuenient to the stomak, and comfor-
teth appetite, and maketh the breathe sweete, the
sedes and roote causeth vrine to passe welle, and
breaketh the stome, dissolueth wyndes. the rootes
boyled in water, and therof oxumell beinge made,
it dissolueth fleume, and maketh good digestion.
It is hote and dry in the third degree.

Fenell

Beinge eten, the sede or roote maketh abundance
of mylke : lykewyse drunke with ptylane or ale.
The sede somewhat restrayneth fluxe, prouoketh
to pisse, and mitigateth freattynges of the sto-
make and guttes, specially the decoction of the
roote, if the matter, causyng freattyng be colde,
but if it be of a hotte cause, the vse thereof is
dangerous, for inflammation or exulceration of
the rynnes or bladder. It is hotte in the third de-
gree, and dry in the fyfth.

Dioscoris-
des lib. 2.
ca. 106.

Anyse

¶ Anyse sede.

Maketh swete breteth, prouoketh vrine, and dry-
ueth downe thinges, cleauyng to the raynes or
bladder, styreth vp courage, & causeth abundance
of mylke. It is hote and dry in the third degré.

¶ Beanes

They make wynde, hewe so euer they be orde-
red: the substance, whiche they do make, is spun-
gye, and not firme, albeit they be abstersiue or
clensinge the body, they tary longe or they be dy-
gested, and make grosse iuyce in the body, but yf
onyons be sodden with them, they be lasse noyful.

Peasyn

Are moche of the nature of beanes, but they be
lasse wyndy, and passeth faster out of the bodye:
they be also abstersiue or clensing, specially white
peason, & they also cause metely good nourishing,
the huskes taken awaye. And the brothe, wherin
they be sodden, clenseth right wel the raynes and
bladder,

Rape rotes and Nauews, Cap. 16.

The iuyce made by them, is very grosse: And
therfoze beinge moche eaten, if they be not
perfytely concocte in the stomake, they doo make
crude or rawe iuyce in the baynes. Also if they be
not well boyled, they cause wyndes, and annoye
the stomake, and make sometyme frettynges: If
they be well boyled fyft in cleane water, and that
beinge cast a way, the second tyme with fat fleshe,
they nouryshe moche, and doo neyther lowse nor

Jii bynde

THE S E C O N D E

bynde the bealy. But Mauelos do not nouryshe
so moche as rapes, but they be euen as wyndye.

¶ Turnepes,

Beinge welle boyled in water, and after with
fatte fleshe, norisheth moch, augmenteth the sede
of man, prouoketh carnall lust. Eaten rawe, they
styze vp appetite to eate, beinge temperatly vsed,
and be conuenient vnto them, whyche haue pu-
trified matter in their brestes or lunges, causing
them to spytte easily, but beinge moche and often
eaten, they make rawe iuyce and wyndynesse.

Parsnepes and carettes.

¶ They do nourishe with better iuyce than the
other rootes, specially carettes, whiche are hotte
and dry, and expelleth wynd. Not withstandyng
moche vsed, they ingender yll iuyce: but carettes
lasse than parsnepes, the one and the other expel-
leth brine.

¶ Radishe rootes

Paulus E
ginera,
Dioscoris
des.

Haue the vertu to extenuate, or make thyn, and
also to warme. Also they cause to breake wynde,
and to pysse: being eaten afore meales, they lette
the meate, that it may not discende, but beinge ea-
ten lasse, they make good digestion, and lousest
the bealy, though Galenus wryte contrarie. For
Lib. 7. de
alimentis. ¶ I, amonge diuers other, by experiance haue pro-
ued it: not withstandyng they be vnholsome for
them, that haue continually the goute, or peynes
in the ioyntes.

Garlyke,

¶ It dothe extenuate and cutte grosse humours, &
symp,

Sympy, dissolueth grosse wyndes, and heateth all the body also openeth the places, whiche are stopped, generally where it is well digested in the stomake: it is holosome to dyuers purposes, specially in the body, wherin is grosse matter, or moch cold inclosed. if it be sodden vntyll it louseth his tartnesse, it somewhat nourysheth, and yet loseth not his properte, to extenuate grosse humours: being sodden in mylke, it profiteth moche agaynst distyllations from the head into the stomake.

Onions

Do also extenuate, but the longe onions moze than the rounde, the red moze than the whyte, the drye moze than they whiche be grene: also rawe moze than sodden, they stice appetite to meat, and put away lothsonnes, and lowse the bealy, they quycken syght: and beinge eaten in great abundance with meat, they cause one to slepe soundly.

Leekes,

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clese the bodye, Galen. 7. cap. 138. and also make it soluble, and prouoketh brine.

Moze ouer it causeth one to spyte oute easily the fleume, whiche is in the bresta.

Sauge.

It heateth, and sommewhat byndeth, and therewith prouoketh brine, the decoction of the leaues and braunches beinge drunke. Also it stoppeth bledyng of woundes, beinge layde vnto them. Moze ouer it hath ben proued, that women, whiche haue ben longe tyme without chylderne, and

I iii haue

THE S E C O N D E

hauz d^runke. x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before that they haue companyed with their husbandes, haue conceyued at that tyme. It is hotte and dry in the thyrd degree, the blynghe thereof is good against palseys.

Isope,

Dothe heate and extenuate, wherby it digesteth flyny fleume: beinge prepared with fygges, it pourgeth fleume downewarde, with honye and water upwarde, boyled in byneger, it helpeth the tothe ake, if the teethe be wasshed therwith. It is hote and dry in the third degree.

Bourage

Comforthech the harte, and maketh one merye, eaten rawe before meales, or layde in wyne that is d^runke: Also mollifieth the bealy, and prepa- reth to the stoole. It is hote and moist in the myd- dell of the first degree.

Sauery

Pourgeth fleume, helpeth dygession, maketh quyck syght, prouoketh brine, and slyzeth carnall appetite. It is hote and dry in the third degree.

Rokat

Heateth moch, and increaseth sede of man, prouoketh courage, helpeth digestion, and somewhat louseth. It is hote and moyst in the second degre.

Tyme

Dissolueth wyndes, breaketh the stoone, expul- lyth brine, and ceasseth freattynges. It is hotte and dry in the third degree.

Penitiali

Penyryall

Dothe extenuate, heate, and decocte, it refourmeth the stomake, oppresed with fleume, it dothe recomforste the faynt spirite, it expellet melancony by sege, and is medicinable agaynst many diseases. It is hote and dry in the third degree.

¶ Tow necresses.

¶ Paulus discommendeth, sayenge, that it resi-
steth concoction, and hurteth the stomacke, and
maketh yll iuyce in the body, taken as medicine
it helpeth many diseases. It is hotte and drye in
the third degree.

¶ Rosemary

Hath the vertue to heate, and therfore it dissol-
ueth humour congeled with colde: It helpeth a-
gaynst palseys, fallinge sickenes, olde diseases of
the breaste, tormentes or frettynge, it prouoketh
vrine and sweat: it helpeth the cough taken with
pepper and hony, it putteth away tothe ake, the
roote beinge chewed, or the iuyce therof put in to
the tothe, beinge bourned, the fume therof resy-
steth the pestilence: the rynde thereof sodden or
burned, & the fume receyued at the mouth, stop-
peth the reume, whiche falleth out of the head in-
to the chekes or thoote: whiche I my selfe haue
proued, the grene leaues bruyled, doo stoppe the
hemorroides, ys they be layde vnto theym. This
herbe is hote and dry in the third degree.

Spices

THE S E C O N D E

¶ Spyces growinge out of this realme vſed in
meate or drynke. Cap. 17.

¶ Pepper.

BLacke pepper is hottest, and most dry, white pepper is next, longe pepper is moſte tempe-
rate. The general propertie of all kyndes of pep-
per is to heate the body: but as Galene layth, it
perceſteth downewarde, and dothe not ſpreade in to
the baynes, if it be groſſe beaten. It diſſolueth
fleume and wynde, it helpeth diſtillation, expulſeth
brine, and it helpeth againſte the diſeases of the
breaste, proceſdyng of colde. It is hotte in the
firſt degré, and dry in the ſeconde.

¶ Gynger

Heateth the ſtomake, and helpeth diſtillation, but
it heateth not ſo loone as pepper: but afterward
the heatē remayneth longer, & cauſeth the mouth
to be moiſter: Being grene, or well confectioned
in ſyrope, it conforzeth moche the ſtomacke and
head, and quyckeneth remembraunce, if it be ta-
ken in the morowe fastynge. It is hotte in the ſe-
cond degré, and dry in the firſt.

Saffron

Somewhat byndeth, heateth, and conforzeth
the ſtomake and the harte ſpecially, and maketh
good diſtillation, being eaten or drunken in a ſmall
quantitie. It is hotte in the ſeconde degree, and
dry in the fyſt.

Cloues,

Hath vertue to conforzeth the ſynewes, alſo to con-
ſume and diſſolueth ſuperfluuous humours. They
be

be hotte and dry in the thyrd degree: sodden with mylke, it conforteth the debilitie of nature.

Maces.

Dioscorides commendeth to be drunke agaynst spitting of blod, and bluddy fluxes, & excessiue las-kes. Paulus Egineta addeth to it, that it helpeth the colyke: they be hotte in the second degree and drye in the thirde degree. It is to the stomake very commodyous, taken in a lyttell quantitie.

Nutmigges,

With their swete odour conforteth and dissolue, and somtyme conforteth the power of the syght, and also the brayn in colde discrasies, and is hote and dry in the second degree.

¶ Of drynkes, and fyrt of water. Cap. 18.

VAdoubtedly water hathe preeemynence aboue all other lycours, not onely bycause it is an elemēt, that is to say, a pure matter, wher of al other lycours haue their original substance: but also forasmuche, as it was the very naturall and fyrt drynke to all maner of creatures. Wherefore the sayeng of Pindarus the poete, was euer well allowed, whiche saythe, water is beste. And one thyng is well considered, that from the creation of the woorlde, vntyll the vniuersall deluge or floudde, duringe whichtyme, men lyued eight or nyne hunderde yeres, there was none other drynke vsed nor knownen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe: as Apollonius and

other: and in the serchinge out of secrete and mi-
sticall thynges, their wyttes excellyd. Moreouer,
we haue sene men and women of great age, and
stronge of body, whyche neuer or verye seldomme,
dranke other dynke, than pure water: As by ex-
ample in Cornewall, although that the countey
be in a very colde quarter, whiche proueth, that
if men from their infancye, were accustomed to
none other dynke, but to water onely, moderatly
vsed, it shuld be sufficient to kepe naturall moy-
sture, and to cause the meat that is eaten, to perce
and discende vnto the places of digestion, whiche
are the pourposes that dynke serueth foze. But
nowe to the qualities of water, after the sentence
of auncient philosophers and phisitions, The
rayne water, after the opinion of the most men, if
it be receyued pure and cleane, is most subtyl and
penetratiue of any other waters: the next is that,
whiche issueth out of a spring in the east, and pas-
seth swifly among great stones, or rockes: The
thirde is of a cleane ryuer, whyche renneth on
great harde stones or pebles. There be dyuerse
meanes to trie out, whiche is the beste water. For
that whiche is lightest in poyle or weight is best,
also that, wherof cometh leest skymme or frothe,
whan it doth boyle. Also that, whiche wyll soonest
be hot. Moreouer deape linnen clothes in to sun-
dry waters, and after lay them to dry, & that whi-
che is sonest dry, the water wherin it was deaped,
is most subtyl. After a great surfete, specially take
with superflouise eatinge of bankettyng mea-
tes,

tes, cold water drunken, is a general remedy. Hippocrates affermeth þ in sharp & feruent diseases, none other remedy is to be requyred, than water. And Galen wyl not, that children shuld be let fro dyring of water; but that whan they fele the sel- fes very hote, after meales, and do desire to dring water, specially of a cleane fountayne, they shuld be suffered. Also Hippocrates saith, In such siknes where as thou fearest, lest the head shuld be vehemently greued, or the mynde perished, there must thou giue eyther water, or white wyne alayd with moche water. Not withstanding there be in water causes of dyuers diseases as of swellynge of the spleene, and the lyuer, it also fylteth & swymmeth, and it is longe or it perceþ, in as moche as it is colde & slowe in decoction, it lowseth not the bealy nor prouoketh brine. Also in this it is bytious, that of his proper nature, it maketh none ordure. Fynally, alway respect muste be hadde to the persone, that drynketh it. for to yong men, and them, that be hote of complexion, it doþe lasse harme, and somtyme it profyteth, but to them that are feble, olde, fleumaticke, or melancholy, it is not conuenient.

¶ Of wyne. Cap. 19.

PLato, the wyllest of all phylosophers, doþe affirme, that wyne moderately drunke, nou- clysheth and conforteth, as well all the bodye, as the spirates of man. And therfore god dyd ordyn it for mankynde, as a remedy againge the incommodities of age: that therby they shulde seme to

De ratiõe
victus in
mor. acu-
tis lib. 3.

retourne unto youth, and forgette heuynes. Undoubtedly wyne heateth and moisteth the bodye, whyche qualities chiefly conserueth Nature. And Galene of all wynes, commendeth that, whiche is yelow and clere, saying. That it is the hottest, and white wyne leste hotte. And the colore meane betwene both, of semblable temperature. The yelowe wyne, whiche is the proper colour of very hotte wynes, to olde men dothe bryng these comodities. Fyrt it heateth all their members: also it purgeth by brine, the wattrye substance of the bloud. Moreouer, the wynes, whiche be pale or yelowe, and full of substance, they do increase bloude, and nourishe the bodye: but for the moze part olde men haue nede of suche wynes, whiche do prouoke brine: for as moche as in them doo abounde wattrye excrementes or superfluities. And they whiche do tary longe in the bealy, be not apt for aged men. Blacke or deepe redde wynes and thicke, do bind and congele that whiche they doo synde in the body, and although some of theym do not long abyde in the bealy, yet they moue not brine, but rather withdraweth: but yet they doo harme to olde men, for as moche as they do stoppe the cundites of the splene, the lyuer, and the raynes. Also grosse wynes be best for them, which desire to be fat, but it maketh opilations: olde wyne and clere, is better for them, that be fleumatike. Galene also prohibitech chyldeyne to drynke any wyne, for as moche as they be of a hote and moist temperature, and so is wyne: and therfore it heateth

teth and moysteth to moche their bodies, and syl-
leth their heades with vapoures. More ouer he
wolde that yonge men shulde dynke lyttell wine,
for it shall make them prone to fury and to leche-
rye: and that parte of the soule, whiche is callyd
rationall, it shall make troublous and dulle: not
withstandinge, yet it is somtyme profitable to mi-
tigate or expell ordure, made of coler or melano-
ly. Also it profyteth against drythe, whiche hap-
neth in the substance of the body, either by to mo-
che labour, or by the proper temperature of age:
for wyne moysteth and nourisheth that, whiche is
to drye, also mitigateth and dissolueth the sharp-
nes of coler, & purgeth it also by brine & sweate:
Finally (as Theognes saith) Moch drinkinge of
wyne is yll, but moderate dynkyng of wyne is
not onely not yll, but also commodious and pro-
fytale. Whiche sentence is confirmyed by Iesus
Syrac, in the boke named Ecclesiastic⁹ sayinge,
Wyne moderately drunke, reioyseth both the bo-
dy and soule. Wherefore to conclude this chapi-
ter, There is neþher meate nor dynke, in the vse
wherof ought to be a more discrete moderation,
than in wyne, consyderynge that beinge good and
drunke in due tyme and measure, it not only con-
serueth naturall and radicall moysture, whereby
lyfe indureth, but also it helpeth the principall
members, whiche belongeth to digestion, to do their
office: On the other parte, being yll or corrupt, or
taken out of order and measure, it doþe contrary
to all the premisses, besydes that it transformeth

Eccle. 13.

THE S E C O N D E

a man or woman, makyng them beastly. More
of the qualities of wine, shall be touched hereaf-
ter in the order of dicte.

¶ Of Mylke. Cap. 20.

Actus.

Mylke is compact of thre substances, creame,
whey, & cruddes. The moste excellent milke
is of a woman. The mylke of a cow is thykest,
the mylke of a camell is most subtyll, the mylke of
a goote is betwene cowe mylke, and camell mylk.
Ewes mylke is betweene cowe mylke and asses
mylke. Also the mylk of beastes, fedynge in large
pastures, and out of fennes and marshes, is bet-
ter than of them, whiche be fedde in lyttell closes,
or in watty groundes. In springe tyme mylke is
most subtyll, and mylke of yong beastes, is holso-
mer, than of olde. To chyldren, olde men, and to
them, whiche be oppressed with melancholy, or haue
the fleshe consumed with a feuer ethike, mylke is
conuenient. And generally to all them, whiche do
not fele the mylk rise in their stomakes, after that
they haue eaten it: and in those persons, it dothe
easily pourge that whiche is in the bealye super-
fluous. And afterwarde it entreth in to the bay-
nes, and bringeth good nourishment. Who soo
ever hath an appetite to eate or dynke mylke, to
the entent that it shal not arise or abrased in the sto-
make, let hym put in to a vessell, out of the whiche
he wyll receyue it a few leaues of myntes, sugar
or pure hony. And in to that vessell cause the best
to be mylked, and so dynke it warme from the

vdder:

udder: or els let hym do as Paulus Egineta teacheth, that is to say, boyle first the mylke with an easy fire, & sethe it after with a hotter fire, & skym it clene, and wth a spunge deaped in cold water, take that cleane away, whiche wolde be burned to the vessell, than put to the mylke, salt and sugar, & stere it often. More ouer mylke taken to purge melancoly, wold be drunke in the morning abundantly newe mylked as is before written. And he that drinketh, shuld absteyn from meate, and exercise, vntyll the milke be digested, and haue somewhat purged the bealy. For with labour it becometh soure: & therfore it requyzeth rest & watch or to walke very softfly. Finally, where men & wome be vsed from their chilhode, for the more part, to mylke, and do eate none or lyttell other meate, but mylke and butter, they appere to be of good complexion and facion of body, & not so moche vexed with sycknes, as they whiche drynke wine or ale: not wthstandinge moch vse of milke in men sanguine or colerike, doth ingender the stone.

Oribasius
de confe-
sione ci-
boni li. 3.

¶ Of ale, biere, cyder, and whay.

I Can neither here nor rede, that ale is made and vsed for a comon drynke in any other countrey than England, Scotland, Ireland, & Doyle. The latyn wo:de Cereuitia, is indifferent as welle to ale as to biere. If the corne be good, the water hol- some and cleane, and the ale or biere welle and perfytelye brewed and clensed, and by the space
of

THE S E C O N D E

of syx dayes or moxe, settled and defecate, it must nedes be a necessary & conuenient drynk, as well in syknes as in helth: consyderinge that barleye coyne, wherof it is made, is commended, and vsed in medicine, in all partes of the world, & accom-
ted to be of a syngular efficacy, in reducyng the body into good temper, specially which is in a di-
stemperture of heate. For what auncient phi-
sition is there, that in his workes commendeth
not ptylane, whiche is none other than pure bar-
ley, braied in a morter, and sodden in water: The
same thyng is smalle and cleane ale or byere, sa-
uyng that perchaunce, the drieinge of the malte,
is cause of moxe dyrth to be in the ale, than in pty-
lane. And the hoppes in biere maketh it colder in
operation. But to say as I thynke, I suppose, þ
neither ale nor biere is to be compared to wyne,
consyderinge, that in them do lacke the heate and
moysture whiche is in wyne. For that being mode-
rately vsed, is most lyke to the naturall heate and
moysture of mans bodye. And also the lykour of
ale & biere beinge moxe grosse, do ingender moxe
grosse vapours, and corrupt humours than wyne
doth, beinge drynke in like exesse of quantitie.

CAs for Cyder, maye nat be good in any con-
dition, consyderynge (as I sayde) that all frui-
tes doo ingender yll humours, and doo coole to
moche naturall heate: but to them, whiche haue
abundance of red coler, moderatly vsed, it some-
what profyteth in mitigation of excessyue heate.
But who that wyll diligently marke in the coun-
treys,

treys, where syder is bled for a communon dynke, the men and women haue the colour of their vsage pallyd, and the skynne of theyz vsage tyuelled, although that they be yonge. Whay, yf it be lefte of the butter, beinge well ordred, and not dynke, vntyll it haue a thycke curde of mylke ouer it, lyke to a hatte, is a right temperate dynke for as moche as by the vnciuositie of the butter, wherof the whay retayneth soþn portio, it is both moist and nouryshyng, and clenseth the breaste: and by the subtylies of it selfe, it dissendeth sone from the stomake, and is shortly digested. Also by reason of the affinitie, whiche it hath with mylke, it is conuertible in to bloude and fleshe, specyally in those persons, whiche do inhabyte the norþe partes, in whom naturall heate is conglutinate, and therfore is of moze puissance and vertue in the office of concoction. Also custome from chyldhode doth eleuate the power of meates and dynkes in their disposition, not withstandyng that the fourre humours, sanguine, coler, fleume, and melancoly, must also be consydered, as it shal appere in diuers places hereafter.

¶ Of Honye. Cap. 22.

Honye as welle in meate as in dynke, is of incomparable efficacy, for it not onely clenseth, altereth, and norisheth, but also it long tyme preserueth that vncorrupted, which is put in in to it. In so moche as Pliny sayth: Suche is the nature of hony, that it suffreth not the bodies to putrifie.

THE S E C O N D E

Plin. H. 22.

trifie. And he affirmeth, that he dyd se an Hippo-
 centaure (whiche is a beaste halfe man, half horse)
 brought in honye to Claudius the emperor out
 of Egypte, to Rome. And he telleth also of oone
 Pollio Romulus, who was aboue a hundred ye-
 res olde, of whome Augustus the emperor de-
 manded, by what meanes he lyued so longe, and
 retayned styll the vygour or liuelines of body and
 mynd. Pollio answered, þ he dyd it inwarde with
 meade (whiche is drinke made with honye & water)
 outward with oyle. Whiche sayeng agreeith with
 the sentence of Democritus, the greate philoso-
 pher: who being demanded, how a man mought
 lyue longe in helthe, he aunswered, If he wette
 hym within with honye, without with oyle. The
 same philosopher, whan he was a hundred yeres
 olde and nyne, prolonged his lyfe certayne dayes
 with the evaporation of honye, as Arestopenus
 writeth. Of this excellent matter, moste wonder-
 fully wrought and gathered by the lytell bee, as
 wel of the pure dewe of heuen, as of the most sub-
 tyll humor of swete & vertuous herbes & floures,
 be made lykors cōmodious to makyn, as mead,
 metheglyn, and oximell. Meade, whiche is made
 with one parte of honye, and foure tymes so moche
 of pure water, and boyled vnyll no skym do re-
 mayne, is moche commended of Galene, drinke in
 sommer, for preseruyng of helth. The same au-
 thor alway commendeth the vlynge of honye,
 either rawe eaten with fyne breadde, somewhat le-
 uened, or sodden, and receyued as drynke. Alsoo
 meade

Galen. de
mend. sa-
nita. li. 4.

meade perfectly made, clenseth the brest and lun-
ges, causeth a man to spyte easly, and to pis-
sue abundantly, and purgeth the bely moderathly. Me-
theglyn, whiche is moste vsed in wales, by reason
of hotte herbes boyled with hony, is hotter than
meade, and more comforteth a colde stomake, if it
be perfectly made, and not new or very stale. Oxi-
mell is, where to one part of vyneger is put dou-
ble so moche of honye, fourtymes as moche of
water, and that being boyled vnto the third part,
and cleane skymmed with a fether, is vsed to be
taken, where in the stomacke is moche fleume or
matter vndigested, so that it be nat redde choler.
Loke the vse therof in Alexandro Tralliano.
Many other good qualities of honye, I omitts
to write of, vntyll some other occasion shall hap-
pen, to remember them particulerly, where they
shall seeme to be profitable.

¶ Sugar. Cap. 23.

Of Sugar, I do fynd none auncient author
of grekes or latynes, do write by name, but
only Paulus Aegineta, who sayth in this wyse,
after that he hath treated of hony. Moreouersu-
gar, whiche they calle hony, that is brought to vs
from Arabia, called Felix, is not so sweete as oure
hony but is equall in vertue, and doth not annoy
the stomake, nor causeth thyrist. These be the wo-
des of Paulus. It is nowe in dayely experiance,
that Sugar is a thyngе verye temperate and
nourysshynge, and where there is choler in the

THE S E C O N D E

Stomacke, or that the stomacke abhorret honye,
it may be vsed for hony in all thinges, wherin ho-
ny is required to be. With sugar and vyneger is
made Sirupe acetose,

Sirupe a-
acetose.

¶ Of tyme. Cap. 24.

wynter.

In the consyderation of tyme, for takynge of
meates and dynkes, it is to be remembred, that
in winter meates ought to be taken in great a-
bundaunce, and of a moze grosse substance than
in sommer, forasmoch as the exteriour ayre, whi-
che compasseth the body beinge colde, causeth the
heate to withdrawe into the inner partes, where
being inclosed, and gathered nygh together in the
stomake and entrayles, it is of moze force to boyle
and digeste that, whiche is receyued in to it. Also
meates rosted, are than better than sodden, & flesh
and fylshe powdred, is than better than in sommer.
Herbes be not than commendable, specially raw,
neither fruities, excepte quynces rosted or baked:

Drinke.

Drinke shuld be than taken in a lyttell quantitie.
Moze ouer wynes shal nede no water, or very ly-
tell, and that to colerike persones: redde wynes,
and they, whiche be thicke and swete may be than
moste surely taken of them, whiche haue none o-
pilations, or the stone. Alway remember, that in
wynter fleume increaseth, by reason of rayne and
moystnes of that season, also the length of nigh-
tes and moche rest. And therfore in that tyme co-
ment. in a lerike persons, at best at ease, semblably are yong
pho. 2. li. 3 men: but to olde men wynter is enemy. It begin-
neth

Gal. in cō

ment. in a
pho. 2. li. 3

neth the. viii. day of Nouember, and endureth un
tyll the. viii. day of February.

The spryng tyme dothe participate the fyfste Spryngē
parte with wynter, the later parte with sommer. tyme.
Wherfoze if the fyfth parte be colde, than shall the Hippocra
diete be accordinge to winter. If the ende be hote, tes de na-
than shall the diete be of summer. If both partis tura hu-
be temperate, thā shuld there be also a temperāce mana.
in diete: alway consyderynge, that fleume yet re-
maineth, and bloude than increaseth. And meate
wolde be lasse in quantitie thanne in wynter, and
drynke somewhat more. Spryng tyme begyn-
neth the. viii. day of February, and continueth un
tyll the. viii. day of May.

In Sommer the inward heate is but lytel, and Sommer.
the stomake doth not digest so strongly nor quik- Gal. com.
ly, as in winter. Wherfoze in that season, eatinge in aphor.
often, and a lyttell at ones, is moste conueniente,
And Damascenus sayth, that fastyng in sommer
dryeth the bodye, maketh the colour salowe, in- Hipocras-
gendreth melancolpe, and hurteth the syght, also tes de hus
boyled meate, b̄eade steped in white brothe, with moribus.
sodden lettise, or cikorie, are than good to be vsed,
also varietie in meates, but not at one meale, po-
tages made with colde herbes, drynke in more a-
bundance, wyne alayde with water, to hotte com-
plexions moche, to colde natures lasse. In this Galen. in
season bloudde increaseth, and to warde the ende commen,
therof, coler. And therfore they, whiche be cold of in aphor.
nature and moist, are than best at ease, hotte na-
tures and drye warste. Moreouer childeyne, and

THE SECONDE

very yong men in the beginninge of sommer, are
holes, olde folke in the latter ende, and in haruest.
Sommer begynneth the. viii. day of May, and con-
tinueth vntyll the. viii. day of August.

Autumne

Autumne begynneth the. viii. day of August,
and endeth the. viii. day of Nouember, that sea-
son of the yere is variable, and the ayre changea-
ble, by occasion wherof, happen sundry lycken-
ses, and blode decreaseth, and melancholy aboun-
deth: wherfore all sommer fruites wold than be
eschewed, for as moche as they make yll iuyce and
wyndes in the body. In this tyme meate wold be
more abundant than in sommer, but somewhat
drier: dynke must be lasse in quantitie, but lasse
myxt with water. This tyme is daungerous to
all ages, all natures, and in all countreys, but the
natures hote and moyst, be leste indamaged.

Diete concernyng sundry tyme of the yere,
wrytten by the olde phisition Diocles
to kynge Antigonus.

From the. xii. day of December, at the whiche
tyme the day is at the shorkest, vntyl the ninth
day of Marche, whiche do conteyne. XC. days,
rumes and moystures do increase, than meates
and dynkes naturally very hot, wold be moderat-
ly vsed. Also to dynke wyne abundantly with-
oute alaye or with lyttell water, and to vse lyber-
ally the company of a woman, is not vnholsome
to the body.

Efrom the nynthe day of Marche, at whiche
tyme

tyme is *aequinoctium vernum*, vnto the. xxv. daye of Apryll, swete fleume and bloud do increase, therfore vse than thinges hauyng moche iuyce and Sharpe, exercise the body dilygently, than maye ye vse safely the company of a woman.

CFrom the. xxv. day of Apryll, to the. xiii. daye of June, Choler increaseth, than vse all thynges that are swete, and do make the bealy soluble, forbeare carnall company with women.

CFrom the. xiii. daye of June, at whiche tyme the day is at the lengest, vnto the. xii. day of September, dothe melancoly reigne, forbeare carnall company or vse it moderatelye.

CFrom the. xii. daye of September, vnto the xvii. daye of October, doo abounde fleume and thynne humours, than wolde all fluxes and distillations be prohibited, than all Sharpe meates and dynkes, and of good iuyce, are to be vsed, and carnall occupation shulde than be exchewed.

CFrom the. xvii. day of October, to the. xii. daye of December, increaseth grosse fleume, vse therfore all bytter meates, swete wynes, fatte meate, and moche exercise.

¶ Of Ages. Cap. 25.

CHyldren wold be noryshed with meates and dynkes, whyche are moderatly hote and moist, notwithstandinge Galene doth prohibite them the vse of wyne, bycause it moisteth and heteth to moche the body, and sylleth the heades of them, whiche are hote and moist, with vapours.

Childrens
Galen. de
iuen. sani,
lib. prim.
also

THE S E C O N D E

also he permitteth them in hotte wether to drinke
clere water.

Children.
Oribasius
de virtute
simp. li.1.

Ca chylde growynge faste in his members to-
warde a man, so that he semeth well fedde in the
body is than to be feared of fulnesse of humo^rs,
and if it be perceiued, that he is replete, than must
be withdrawen and minished some parte of that
nutriment, and accordinge vnto his age, some e-
vacuation wolde be deuised, otherwhile by exer-
cise, walkynge vp and downe fastinge, and before
that they eate any meate, let them exercise theym
selfes with their owne labours, and do their ac-
customed busynes, and eate the meates, whervnto
they be most vsed, so that it be suche, that maye
nat hurte theym. And this nede they not to know
of phisitions, but by experiance and diligent serch
by their stoole, their nourices shal perceyue what
digesteth wel, and what doth the contrary.

CBut if it appere, that by excessiue fedinge, the
bealy of the chylde is fuller and greater than it
was wonte to be, and that whiche passeth by the
bealy, is corrupted, or his swaete stynketh. These
thinges knowen, if they eate strong meates, giue
them not one kynde of meate, but dyuers, that the
noueltie of the meate may helpe, that they may go
more easily to the stoole. For if any haue an vre-
sonable appetite, he is sooner recovered, if he be
poured by a boyle or impostume comen for the
broken, before that the meate be corrupted: & after
that let him eate fine meates, and being ones hole
retourne by lytell and lytell to his olde custome.

Yonge

CYonge men, excedyng the age of. xiiii. yeres, Yong mē
 shall eate meates moxe grosse of substaunce, col-
 der and moyster: also salades of cold herbes, and
 to drinke seldome wyne, excepte it be alayed with
 water. Albeit all these thynges must be tempred,
 accordinge to their complexions, and exercise and
 quietnesse in lyuinge, wherof ye shall rede in their
 proper places hereafter.

COlde men, in whome naturall heate & strength Olde mē.
 semeth to decay, shuld vse alway meates, whiche
 are of qualitie hotte and moyste, and therwithall
 easy to be digested, and abstayne utterly from all
 meates and drynkes, which wyll ingender thicke
 iuyce and slymy, semblably from wyne, whiche is
 thycke, swete, and darke redde wynes, and rather
 vse them, which wyll make thynne humours, and
 wyl purge wel the bloud by vrine: therfore white
 or yelow wynes, and perchance frenche claret wi-
 nes are for them very commendable. Also wine pre- Paulus E-
 pared with pure hony clarified, wherin rootes of gineta. li. 1.
 persely or fenell be stieped, specially if they suspect cap. 13.
 any thing of the stone, or goute. And if they moxe
 desyre to clese their raynes and bladder: than is
 it good to vse small white wine, as racked renishe
 wine, or other like to it, and somtyme to stepe ouer
 night therin a persely tote slit, and somewhat b*z*ui-
 sed, and a lytel lykoyce. Finally, let them beware Opilatiōs
 of all meates, that wyll stoppe the pozes, & make what they
 obstructions or oppilations, that is to saye, with are.
 clammy matter stoppe the places, where the na-
 turall humours are wrought & digested, the whi-
che

the meates I haue before set in a table. But if it chaunce them to eate any suche meate in abou-
daunce, let them take shortely suche thynges, as
do resyste oppylations, or resolute them. As whyte
pepper brused & myrt with their meates or drinke:
garlyke also, or onions, if they abhore them nat.
Alway remember, that aged men shuld eate often,
and but litel at every time, for it fareth by them as
it doth by a lampe, the lyght wherof is almost ex-
tincte, which by pouring in of oyle litel and litel is
long kept bourninger: & with moch oyle poured in
at ones, it is clene put out. Also they must forbeare
all thynges, which do ingender melancoly, wher-
of ye shall rede in the table before: and breadde
clene without leuen is to them vnholosome.

Moderation in diete, hauyng respect to the strength
or weakenes of the persone. Cap. 26

Now here it must be considred, that although
I haue witten a generall diet for every age,
yet nethelesse it muste be remembred, that somme
chyldez and yong men, eyther by debilitie of na-
ture, or by some accidentall cause, as syckenes, or
moche studye, happen to gather humours fleu-
matik or melancoly in the places of digestion, so
that concoction or digestion is as weke in them,
as in those, whiche are aged. Semblablye, some
olde men fynde nature so beneficiall vnto theym,
that their stomakes and lyuers are moze stronge
to dygeste, than the sayde yonge men, somme per-
chance haue moche choler remaynynge in them.

In these cases the sayd yonge men muste vse the diete of olde men, or nygh vnto it, vntyll the dis-
crasy be remoued, hauinge alway respect to they^r
vnyuersall complexions, as they, whiche are natu-
rally colerike, to vse hotte thynges in a moze tem-
perance than they, whiche be fleumatyke, or me-
lancoly by nature. The same obseruation shall
to be olde men, sauinge that age, of his owne p^{ro}-
pertie is colde and drye, therefore the olde man, Hippocra-
taphor. Galen. in
that is cholerycke, shall haue moze regarde to comment.
moysture in meates, than the yonge man, beinge
of the same complexion. Foresene alwaye, that
where nature is offend^{ed} or greued, she is cured
by that, whiche is contrary to that, whiche offend^{eth}
or greueth, as colde by heate, heate by colde,
drythe by moysture, moysture by drythe. In that
wherby Nature shoulde be nourysched, in a hole
and temperate body, thynges must be taken, whi-
che are lyke to the mannes nature in qualitie and
degree. As where one hath his bodye in a good
temper, thynges of the same temperaunce do the
nouryshe hym. But where he is out of temper, in
heate, colde, moysture, or drythe, temperate mea-
tes or dynkes, nothyng do profyte hym. For be-
inge out of the meane and perfyte temperature,
nature requyret to be therto reduced by contra-
ries, remembryng not onely, that contraries
are remedye vnto their contraries, but also in e-
very contrary, consideration be hadde of the p^{ro}-
portion in quantitie.

THE S E C O N D E
Tymes in the day concernynge meales. Cap. 27.

BEYdes the tymes of the yere and ages, there be also other tymes of eatinge and drynkinge to be remembred, as the sundry tymes in the day, whiche we call meales, which are in number and distance, accordyng to the temperature of the countrey and person: As where the countrey is colde, and the person lusty, and of a strong nature, there may no meales be vsed, or the lasse distaunce of tyme betwene the. Contrarywise in contrary countreis and personages, the cause is aloze rehersed, where I haue spoken of the diete of the tymes of the yere, notwithstandinge here must be also consideration of exercise and rest, which do augment, or appaire the naturall disposition of bodyes, as shalbe more declared hereafter in the chapiter of exercise. But concernynge the generall vsage of countreis, and admitting the bodies to be in perfecte state of helthe, I suppose, that in Englannde, yong men, vntil they come to the age of. xl. yeres, may well eate thre meales in one day, as at breste, dyner, and supper, so that betwene breste, and dinner, be the space of fourre houres at the least, betwene dinner and supper. vi. houres, & the breste lasse than the dinner, and the dyner moderate, that is to say, lasse than satietie or fulnesse of bea-ly, and the drynke thervnto mesurable, accordyng to the drynesse or moystnes of the meate. For moche abundance of drynke at meale, dwowneth the meate eaten, and not only letteth conuenient concoction

coction in the stomake, but also causeth it to passe faster than nature requireth, and therfore ingendreth moche fleume, and consequently reumes, & crudenes in the vaynes, debilitie and slyppernes of the stomacke, contynuall flure, and many other inconueniences to the body and members.

But to retourne to meales, I thynke bzeakefa- Brekefast
stes necessary in this realme, as well for the cau-
ses before rehersed, as also forasmoch as coler be-
inge feruent in the stomacke, sendeth vp fumosi-
ties vnto the brayne, and causeth head ache, and
sometyme becommeth aduste, and sinouldreth in
the stomake, wherby happeneth peryllous lycke-
nes, and sointyme sodayne deathe, if the heate in-
closed in the stomake haue nat other conueniente
matter to work on: this dayly experience proueth,
and naturalle reason confirmeth, Therfore men
and women not aged, hauyng their stomackes
cleane without putrified matter, slepyng moderately
and soundly in the nyght, and felinge them
selfe lyght in the morninge, and swete bretched, let
them on goddis name bzeake their fast: Colerike
men with grosse meate, men of other complexiōs
with lyghter meate. Foreseene, that they laboure
somwhat before: semblably their dinner and sup-
per, as I haue before w̄itten, so that they sleape
not incōtinent after their meales. And here I wyl
not recypte the sentences of authořs, whyche had
neuer experiance of Englyſſe mens natures, or
of the iuste temperature of this realme of Eng-
lande, onely this counsayle of Hipocrates shall

THE S E C O N D E

Hipoc. a- be sufficient. We oughte to graunt somewhat to
 phor. 19. time, to age, & to custom: not withstanding where
 li. i. great weariness or drith, greeueth the body, their
 Galen. de tuer. sani. ought the dyner to be the lesse, and the longer di-
 stance betwene dyner and supper, also moche rest,
 excepte a lyttell softe walkyng, that by an vp-
 ryght mouyng, the meate being styred, may des-
 cende. This is alway to be remembred, that where
 one feleth hym selfe full, and greued with his di-
 ner, or the sauoure of his meate by eructation as-
 cendeth, or that his stomake is weke by late syk-
 nes or moche study, than is it most conuenient, to
 abyeyne from supper, & rather prouoke hym selfe
 to slepe moch, than to eate or drinxk any thinge. al-
 so to drinke betwene meales, is not laudable, ex-
 cepte very greate thirste constraineth, for it inter-
 rupteth the offyce of the stomake in concoction, &
 causeth the meate to passe faster thā it shuld do, &
 the drinke being cold, it rebuketh naturall heate
 that is woxinge, and the meate remaininge raw,
 it corrupteth digestion, & maketh crudenes in the
 vaines. Wherfore he y is thirsty, let him consider
 the occasion. If it be of salt fleme, let hym walke
 faire & softly, and only washe his mouth and his
 throte, with barly water, or with small ale, or lye
 downe and slepe a lyttell, and so the thirst wil passe
 away, or at the least be well asswaged. If it happē
 by extreme heat of the aire, or by pure coler, or ea-
 tinge of hotte splices, let him drinke a lyttell iulep
 made with cleane water and sugar, or a lytel sinal
 biere or ale, so that he drinke not a great glut, but
 in a

in a lytel quantite, let it styl downe softly in to his stomake, as he sitteth, & than let hym not moue so dainly. If the thirst be in the eueninge, by eatinge to moche, and drynkinge of wine, than after the o-
pinion of the best lerned phisitions, and as I my selfe haue often experienced, the best remedy is, if there be no feuer, to drynk a lytell draught of cold water immediatly, or els if it be not peynefull for hym, to vomite, to prouoke hym thereto with a litel warm water, & after to walsh his mouth with vi-
neger & water, and so to slepe long & sundly, if he can. And if in the moynunge he fele any fumo-
sities rysyng, than to drinke iulep of violettes, or for lacke thereof, a good draught of verye smalle ale or biere, somewhat warmed, without eatynge any thyng after it.

¶ Of diversite of meates, whereby healthe
is appayred. Cap. 28.

Nowe let this be a generall rule, that sundry meates, being dyuers in substance and qua-
litie, eaten at one meale, is the greatest enmy to helth, that may be, & that whiche ingendreth most syknesses. for some meates being grosse and hard to digest, some fyne and easy to digest, do requyze dyuers operations of Nature, and dyuers tem-
peratures of the stomake, that is to saye, moche heate, and temperate heate, whiche maye nat be togyther at one tyme, therfore whanne the fyne meate is sufficyentelye boyled in the stomachke, the grosse meate is rawe, so bothe iuyces, the one good

THE S E C O N D E

good and perfite, the other grosse and crude, at one tyme digested, and sente in to the vaynes and body, nedes must helthe decaye, and sycknesse be engendred. Lykewyse in dyuers meates beinge dyuers qualities, as where some are hot & moist, some colde and moyste, some hotte and drye, some colde and dry, accordyng ther unto shall the iuice be dyuers, whiche they make in the body. And like as betwene the sayd qualities is contrarietie, soo therby shalbe in the body an vnequall tempera-
ture, forasmuche as it is not possyble for man to esteme so iust a proportion of the qualites of that whiche he receyuethe, that the one shall nat excede the other. Wherefore of the sayde vnequall myx-
ture, nedes muste ensue corruption, and conse-
quently sycknes. And therfore to a hole man it
were better, to fede at one meale competently
on very grosse meate only, so that it be swete, and
his nature do not abhorre it, than on diuers fyne
meates, of sundry substance and qualities. I haue
knowen and sene olde men and olde women, whi-
che eatynge onely biefe, bakon, chese, or curdes,
haue continued in good healthe, whome I haue
proued, that whan they haue eaten sundrye fyne
meates at one meale, haue soone after felte theym
selfe greued with frettynges and head ache, and
after that they haue ben hole agayne, there hathe
ben gyuen to them one kynde of lyght meate, they
haue done as well therwith, as they were wonte
to do with grosse meates, whan they eate it alone
whiche proueth to be true that whiche I haue re-
hersed.

hersed. And it is good reson, for after the generall opinion of philosophers and phisitians, the nature of mankynde is best contente with thynges moste symples and vnyxte, all thynges tendyng to vnitie, wherin is the only perfection. Also it is a generall rule of phisyke, that where a sycknesse may be cured with symples, that is to saye, with one onely thinge that is medicinable, there shuld the phisition gyue no compounde medicine myxt with many thynges. These thynges consydered it may seeme to all men, that haue reason, what abuse is here in this realme in the continual gourmandise, and dayly fedinge on sundry meates; at one meale, the spirite of gluttony, tryumphyng amounges vs in his gloriouſ chariotte, callyd welfare, dryuyng vs afore hym, as his prisoners, into his dungeon of surfeit, where we are tourmented with catarres, feuers, goutes, pluresies, frettinge of the guttes, and many other syckenesses, and fynally cruelly put to dethe by them, oftentimes in youth, or in the most pleasant tyme of our lyfe, whan we wolde moste gladly lyue. For the remedy wherof, how many tymes haue there ben deuyled, ordynances and actes of counsayle, all though perchance bodily helth was nat the chief occasion thereof, but rather prouision agaynſte bayne and sumptuous expenses of the meane people. For the nobilitie was exempted and had libertie to abide styl in the dongeon, if they wold, and to lyue lasse while than other men: But whā, where, and howe longe were the sayd good deu-

Gluttony.

ses put in due execution, for all that therof shuld
succede double profit, that is to say, helth of body
and increase of substance, by eschewinge of super-
fluous expenses in sundry dishes: Alas how lōge
wyll men fantasy lawes and good ordynaunces,
and neuer determinyng them. Fantasy procedeth of
wyte, determination of wisedome, wittē is in the
deuising & spekyng, but wisdom is in the perfor-
mance, whiche resteth onely in execution. Here I
had almost forgotten, þ my purpose was to wryte
of the order of diete, and not of lawes, but the
seruent loue that I haue to the publike weale of
my countrey, constrained me to digresse somewhat
from my matter: but nowe wyll I procede forth
to wryte of order, whiche in takynge of meates
and drynkes, is not the leste parte of diete.

¶ Of Order in receyuyng of meate and
drynke. Cap. 29.

HErbes as well sodden as unsodden, also fru-
ites, whiche do mollifie and louse the bealye,
ought to be eaten before any other meate, excepte
that sometyme for the repeslyng of fumolities,
tysynge in the head by moche drynkyng of wyne,
rawe lettyse, or a colde apull, or the iuyce of ozen-
ges or lymons maye be taken after meales in a
lyttell quantitie. Moreouer all brothes, mylke,
tere eggis, and meates, whiche are purposely ta-
ken to make the bely soluble, wold be fyrt eaten.
All fruities and other meates, that are stiptike or
byndynge, wolde be eaten last of all other. Fru-
ites

tes confectionate specially with hony ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomake is colericke and stronge, grosse meates wolde be fyſte eaten: where the stomake is colde or weake, there wolde fyne meates be first eaten. for in a hot stomak fyne meates are bourned, whyle the grosse meate is digestyng. Contrarywise in a colde stomake, the littell heate is suffocate with grosse meate, and the fyne meate left raw. for lacke of concoction, where if the fyne meate be first taken moderately, it styrreth vp and comforteth naturall heate, and maketh it more able to concoct grosse meates, if they be eaten afterward: so that it be but in small quantite, not withstanding, as I late affirmed, one maner of meate is most sure to every complexion. for sene that it be alway most comonly in conformite of qualites, with the person that eateth. More ouer take hede, that sypper meates be not fyſte eaten, lest it draw with it to hastyly other meates or they be digested, nor that stiptik or restrainynge meates be taken at the begynnyng, as quinces, peares, and medlars, lest they may let other meates, that they descend not into the bottom of the stomake, where they shulde be digested, not withstandyng the confection made with the iuyce of quynces called Dacytonites, taken. ii. houres afore dynet or suppet, is commended of Galen, & other, for restoring appetite, & making good concoction. Also concerninge dynike at meales, it wold not be Drinke afore that somewhat were eaten. And at the begin-
meales.

ninge, the dr̄ink wold be strongest, and so toward
the end more small, if it be ale or biere: and if it be
wyne, more and more alayde with water. And af-
ter the better opinion of physitions, the dynke
wolde rather be myxte with the meate by sundrye
lyttell draughtes, than with one greate draughte
at thende of the meale, for the myxture tempreth
well the meate without annoyāce: a greate draught
with moch dynke, drowneth the meate, rebuketh
naturlall heate, that than woxketh in concoction,
and with his weight dynueth downe the meate to
hastily. Note wynes & swete, or confectioned with
spices, or very stronge ale or biere, are not conve-
nient at meales, for the meate is by theym rather
corrupted, than digested, and they make hote and
stykyng vapours ascend vp to the braynes, al-
beit if the stomacke be very wyndy, or so cold and
feble, that it can not concocte luche a quantitie of
meat, as is requyred to the sufficent nourishmet
of the body of hym that eateth, or hath eaten raw
herbes or fruities, wherby he feleth some annoy-
ance, than may he dynke laste incontinent after
his meale a lyttell quantitie of secke, or good a-
qua bite in small ale: but if he haue moche coler
in his stomake, or a head full of vapours, it were
moche better, that he dyd neither dynke the one,
nor the other, but rather eate a lyttell colyander
sede prepared, or a piece of a quynce rosted, or in
marmelade, and after rest, to amende the lacke of
nature with slepe, moderate exercise, and plasters
prouyded for confortynge of the stomacke. And
here

here wyll I leaue to write any moare of the diete in eatinge and drinkyng, sauinge that I wold, that the reders shulde haue in remembraunce these two counsayles. Fyrl, that to a hole man, to p[re]cise a rule is not conuenient in diete: and that the diseases, whiche do happen by to moche abstinence, are wares to be cured, than they whiche come by repletion. And as Cornelius Celsus saith, A man that is hole and well at ease, & is at his lybertie, ought not to bynde hym selfe to rules, or nedē a phisition: but yet where the stomacke is feeble, as is of the more part of citesyns, and well nygh all they that be studious in lernynge or weyghtye assayres, there ought to be moare circumspection, that the meate may be suche, as that eyther in qualitie or quantitie, nature being but feble, be not rebuked, or to moche oppresed,

Cor. Cel.
li. 1. ca. 1.

Id. cap. 2.

¶ Of sleape and wachte. Cap. 30.

The commoditie of moderate slepe appereth by this, that naturall heate, whiche is occupied about the matter, wheroft procedeth nourishment, is conforted in the places of digestion, and so digestiō is made better, or moare perfit by slepe, the body fatter, the mynde moare quiete and clere, the humours temperate: as by moche wachte all thynges happen contrarye. The moderation of slepe must be measured by helthe and lyckenes, by age, by tyme, by emptynesse or fulnesse of the body, & by naturall complexions. Fyrl to a hole man hauing no debilitie of nature, and digesting per-

¶ iii fitly

THE SECONDE

fykly the meate that he eateth, a lytel slepe is sufficient: but to them, whiche haue weake stomakis, & do digest slowly, it requireth that sleape be moch lengar. semblable teperance is required in yOUTH and age, wynter and sommer. The body beinge full of yll humors, very lyttell slepe is sufficient, except the humors be crude or raw, for thā is slepe necessary, whiche digesteth theym better than la-bour. Semblably, where the body is long empty by longe syknesse or abstinence, slepe comforteth nature, as well in the principall mem bers, as in all the other. Also regarde must be had to the complexion, for they that are hot, & do eate lyttell & digest quickly, a lytell slepe serueth, specially to coleryke persons, for in them moche slepe augmen-
teth heate, moze than is necessary, wherby hot fumes and inflamations ar often engendred, & som tyme the naturall coler is aduste or putrified, as experiance teacheth. Fleumatike persons are na-
turally inclyned to slepe: and bycause they ingen-
der moche humors, they require moze sleape than sanguine or colerike. Persones hauyng natural melancoly, not procedyng of coler aduste, do re-
quye very moch slepe, whiche in them comforteth the powers animall, vitall, and natural, which ye
may finde witten in the tables precedinge. Slepe
wold be taken not immediatly after meales, & be-
fore that the meate is discended from the mouthe
of the stomake. For thecby is engendred peines &
noysse in the bely, & digestion corrupted, & the slepe
by yl vapors asceding, made vnquiet & troublus.

Moze

Mo^{re}over immoderate slepe maketh y body apt unto palseis, apoplexis, falling liknes, reumes, & impostumes, also it maketh the wittes dulle, and the body slowe & vnapt to honest exrcise. sembla- bly immoderate watch dricht to moch the body, and doth debilitate the powers animall, letteth dige- stion, & maketh the body apt to consuptiōs. wher- foze in these ii. thiges, aswel as al other, a diligēt tēperance is to be vsed. the moderation is best cō- iected (for it is hard perfittly to know it) by the sen- sible lightnes of al the body, specially of the brāin the browes and the eies, the passage downe of the meat from the stomake, the wyll to make brine, & to go to the stoole. Contrarywyse, heuynes in the body & eies, and sauour of the meate before eaten signifieth that the slepe was not sufficient. They that are hole must slepe fyſt on the right syde, by- cause the meate may approche to the lyuer, whiche is to the stomake, as fyſe vnder the pot, & by hym is digested. To them, which haue feble digestion, it is good to slepe prostrate on their bealies, or to haue their bare hand on their stomakes. Lienge vpright on the backe is to be vterly abhorred.

¶ The commoditie of exrcise, and the tyme whan it shuld be vſed. Cap. 31.

Every meuyng is not an exrcise, but only that whiche is vehement, thende wherof is altera- tion of the b̄reath or wynde of a man. Of exrcise do proceude two commodities, euacuation of ex- crementes, and also good habite of the body, for Euacuatiō Excreme- c̄es. **E**xercise

THE S E C O N D E

Exercise beinge a vehement motion, therof nedes must ensue hardnes of the members, wherby labour shal the lesse greue, and the body be the moze stronge to labour. also therof commeth augmentation of heate, wherby hapneth the moze attraction of thynges to be digested, also moze quycke alteration, and better nourys shynge. Moze ouer, that all and syngular partes of the body, be therewith somewhat humected, wherby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the poores of the bodye are moze opened. And by the vvolence of the breathe or wynde, the poores are clensed, and the fylthe in the bodye naturally expelled. This shynge is soo necessary to the preseruation of helth, that without it, no man may be longe without syckenesse, whiche is affirmed by Cornelius Celsus, sayeng, that sluggyshenes dulleth the body, labour doth strength it, the firste bringeth the incommodities of age shortely, the last maketh a man longe tyme lusty. Not withstandyng in exercise ought to be foure thinges dilygently consydered, that is to say, the tyme, the thynges precedyng, the qualytie and the quantitie of exercise.

Clyfst as concerninge the tyme conuenient for exercise, that it be not whā there is in the stomake or bowels, greatte quantitie of meate not sufficyently digested, or of humours crude or rawe, leste therby peryll moughte insue by conueyance of them in to al the members, before those meates or humours be concoct or boyled sufficyently. Galen sayth,

Cor. Cel.
U.s.

sayth, that the tyme moste conuenient for exercise Galen. de tuer sani. lib. 2. is, whan bothe the firste and seconde digestion is complete, as wel in the stomake, as in the vaines, & that the tyme approcheth to eate eststones. For if ye do exercise soner or later, ye shall eyther fyll the body with crude humours, or elles augment yelowe coler. The knowlege of this tyme is perceyued by the colour of the vrine, for that whiche resembleth vnto clere water, betokeneth, that the iuyce, whiche cometh from the stomake, is crude in the vayne: that whiche is well coloured, not to high or base, betokeneth, that the second digestion is nowe perfite: where the colour is very high or redde, it sygnifyeth, that the concoction is moare than sufficient. Wherfore whan the vryne appereth in a temperate colo, not red nor pale, but as it were gilt, shuld exercise haue his begining.

¶ Of fricasies or rubbynges precedinge
exercise. Cap. 32.

A **S**touching thinges preceding exercise, for as moch as it is to be fered, lest by vehement exercise any of the excremtes of the bely or blader, shuld hastily be receiued into the habit of the body, by the violence of hete, kendlyd by exercise: also lest some thinge, whiche is hole, be by heynnes of excrementes, or by violent motion, broken or pullyd oute of his place, or that the excrementes, by violence of the breth, shuld stop the pores or cundites of the body, it shalbe necessary lytell and lytell, by chafinge the body, first to mollify the par-

Galenus.
Paulus.
Oribasius
Aetius.

D tes

THE S E C O N D E

tes consolidate, & to extenuate or make thinne the humours, and to louse and open the poozes, and than shall ensue to hym that exerciseth, no peryll of obstruction or rupture. And to bryng that to passe, it shall be expedient, after that the boode is clensed, to rubbe the boode with a course linnen cloth, first softly & easily, & after to increase moze and moze, to a harde and swift rubbing, vntyl the fleshe do swelle, and be somewhat ruddy, and that not only down right, but also ouerthwart & round. Som do vse fricasies in this forme. In the mor-nyng, after that they haue ben at the stoole, with their shirte sleue or bare hande, if their fleshe be tender, they do first softly, & afterward faster, rub their brest, and sydes downewarde, and ouer-thwart, not touching their stomake or bealy, and after cause their seruant semblably to rubbe ouer thwart their shulders and backe, begynnyng at the neckebone, and not touchyng the raynes of their backe, excepte they do fele there moche colde and wynde, and afterward their legges from the knees to the ancle: last their armes, frome the elbowe to the handewreste. And in this fourme of fricasie, I my self haue founden an excellent commoditie. Olde men, or they, whiche be very dry in their bodies, if they put to some sweete oyles, as Yrinum, Nardinum, Chamemelinum, or other lyke myrt with a lyttell sweete oyle of roses, I suppose they do wel. I wyl not here speke of oyntementes vsed in olde tyme amonge the Romayns and Grekes, in fricasies or rubbynges. For I suppose, þ they were

Obstructi
on rupture

were never here vsed, and in the sayd places, they
be also leste, onles it be in palseys, or apoplexies,
or agaynst the rigour, whiche hapneth in feuers,
only I wyl remember the saying of Hippocrates.
Fricasye hath power to louse, to bynde, to increase
fleshe, and to minyshe it. For harde fricasies doo
bynde or consolydate, softe rubbynge dothe lowse
or mollifie, moch doth minishe fleshe, meane rub-
byng doth augment or increase it. He that wylle
knowe more abundantly hereof, let hym reade the
boke of Galen of the preseruation of helth, called
in latyn *De tuenda sanitate*, thanslated moost truely
& eloquently, out of Greke in to latyn, by doctour
Linacre, late phisition of most worthy memory to
our souerayne lorde kynge Henry the eight. The
same mattier is witten moze brefely of Paulus
Aegineta, Oribasius, Aetius, and some other late
writers, but vnto Galene not to be compared.

¶ The diuersities of exercises. Cap. 33.

The qualitie of exercise is the diuersitie ther-
of, forasmuche as therin be many differences
in mouynge, and also some exercise moueth moze
one part of the body, some an other. In difference
of mouynge, some is slow or softe, some is swifte
or faste: some is stronge or byolent, some be myxt
with strength & swiftnesse. Stronge or byolente
exercises be these, deluyng (specially in toughe
clay and heuy, bearynge or lusteynyng of heuye
burdeyns, clymmyng or walkyng agaynst a stipe
vpryght hyll, holdyng a rope, and clymmyng vp
Dii therby

THE SEC O N D E

therby, hangyng by the handes on any thing, aboue a mans reache, that his fete touche not the grounde: standing and holdinge vp, or spredinge the armes, with the handes fast closed, a abidinge so a longe tyme. Also to holde the armes stedfast, causinge an other man, to assay, to pull them out, and not withstandyng he kepereth his arme stedfast, in forcyng the bonto the sinewes and muscules. Maultlyng also with the armes and legges, if the persons be equall in strength, it dothe exercise the one and the other: if the one be stronger, than is it to the weaker a moxe violent exercise. All these kyndes of exercises, and other like them, do augment strength, and therfore they serue only for yonge men, whiche be inclined, or be apte to the warres. Swifte exercise without violence is, runnyng, playeng with weopons, tenise, or thowinge of the ball, trotting a space of grounde forward and backward, going on the toes, and holdinge vp the handes. Also stirring vp and downe his armes, without plummettes. Vehement exercise is compounde of vyalent exercise and swifte, whan they are ioyned togither at one time, as dallyng of galayrdes, thowinge of the ball, and running after it, footeball play may be in the number therof, thowinge of the longe dart, and continuing it many times, runnyng in harneys and other lyke. The moderate exercise is longe walkinge or going a iourneye. The partes of the bodye haue sundry exercises appropried vnto them, as rouning and going is the most proper for the leggis.

Mouinge of the armes vp & downe, or stretching
 them out, & playeng with weapons, serueth most
 for the armes and shulders, stouping and risinge
 often tyme, or lyftinge great weightes, taking vp
 plummettes or other lyke poyles on the endes of
 staues, & in lykewise, liftinge vp in every hande a
 speare or moyspike by the endes, specialy cro-
 sing the handes, and to lay them downe ageine in
 their places, these do exercise the backe & loynes.
 Of the bulke & lunges the proper exercise is me-
 uing of the breath in syngynge or crieng. The en-
 trayles, which be vnderneath the myddesse, be ex-
 ercised by blowinge, eyther by constraint, or play-
 eng on shaulnes, or sackbottes, or other lyke in-
 strumentes, which do require moch wynde. The
 muscules are best exercised with holding the breth
 in, a longe tyme, so that he, whiche dothe exercise,
 hath well digested his meate, and is not troubled
 with moche wynde in his bodye. Fynallye lowde
 readynge, counterfayte bactayle, tenyse, or tho-
 winge the ball, runnyng, walkinge, adde to sho-
 tynge, which in myne opinion excede all the other,
 do exercise the bodye commodiously. Alway re-
 member, that the ende of byolent exercise, is diffi-
 cultie in fetching of the breth. Of moderate exer-
 cise, alteration of breath onely, or the beginninge
 of sweate. Moreouer in wynter, runnyng, and
 watzlyng is conuenient. In sommer watzlyng
 alytell, but not runing. In very cold wether, mo-
 che walkinge, in hote wether, rest is moze expedi-
 ent. They whiche seeme to haue moist bodies, & liue

Celsus. I.

In idelnes. they haue nede of violēt exercise. They which ar lean and coleryke, must walk softly, and exercise them selfes very temperatly. The plummottes, callid of Galen Alteres, whiche are nowe moch vsed with gret men, being of equall weight & according to the strength of him that exerciseth, are verye goood to be vsed fastynge, a lytel before breakefast or dynner, holdynge in euery hande one plūmet, and lyftynge them on high, and bringing them downe with moche vvolence, and so he may make the exercise violent, or moderate, after the poysse of the plummottes, heuyer or lyghter, and with moche or lyttell labourynge with them.

¶ Of Gestation, that is to say, where one is creyed, and is of an other thyngē meued,
and not of hymselfe. Cap. 34.

Gestation.
Paulus E-
stineta.
Actius.

There is also an nother kynde of exercise, whiche is called Gestation, and is myxt with mouyng and rest. Soz as moche as the body, settinge or lyenge, semeth to rest, and not withstandynge it is meued by that, which beareth it, as lienge in a bedde, hanginge by cordes or chaynes, or in a cradell, sytting in a chaire, whiche is caried on mens shulders with staues, as was the vse of the auncient Romaynes, or syttinge in a boote or barge, whiche is rowed, rydying on a horse, whiche ambleth very easly, or gothe a very softe pace. The bed, cradel, and chaire caried, serueth for them, to ar in long & continuall siknes, or be lately recouered of a feuer. Also them, whiche haue the fransy

or letharge, or haue a lyghte tertiane feuer, or a
cotidiane. This exercise swetely asswageþ trou-
bles of the mynde, and prouoketh slepe, as it ap-
pereth in chylderne, whiche are rocked. Also it is
conuenient for them, whiche haue the palsey, the
stone, or the gowte. Gestation in a charyot or wa-
gon hath in it a shakynge of the body, but som ve-
hement, and some moþe softe, the softe serueth in
diseases of the heade, and where any matter run-
neth downe in to the stomake and entrayles. But
the vehement shakynge is to be vsed in the grie-
fes of the brest and stomake. Also in swellyng of
the body and legges in drospies, palseys, mygri-
mes, and scotomies, which is an imagination of
darkenes, beyng retourned, at the ende of his
iourney, he muste sytte vp and be easlyly moued.
I haue knownen, sayþe Aetius, many persones
in luche wyse cured without any other helpe. Na-
uigation or rowyng nygh to the land, in a calme
water, is expedient for them that haue drospies,
leppies, palseys, called of the bulgare people, ta-
kynges, and fransies. To be carryed on a roughe
water, it is a byolent exercise, and induceth sun-
drye affections of the mynde, sometyme feare,
sometyme hope, nowe cowarde harte, nowe har-
dynesse, one whyle pleasure, an other whyle dys-
pleasure. These exercises, if they be wel tempred,
they may put out of the body, all longe duryng
lyckenesses. For that whiche is myxt with reste
and incuyng, if any thinge els may, it most excel-
lently causeþ the body to be well nourished. Cel-
sus

THE SECONDE

sus doth prohibite gestation, where the body fee-
 leth peyne, and in the begynnyng of feuers, but
 Celsus. 2. whan they ceasse, he aloweth it. Rydynge mode-
 rately, and without greke, it doth corroborate the
 spirite and body aboue other exercises, speciallye
 the stomacke, it clenseth the sences, and maketh
 them more quycke: albeit to the brest, it is verye
 noyfull. It ought to be remembred, that as well
 this, as all other kyndes of exercise, wold be vled
 in a hole countraye, & where the ayre is pure and
 vncorrupted. Foresene, that he that woll exercise,
 do go first to the stoole, for the causes rehersed in
 the laste chapiter.

¶Of vociferation. Cap. 35.

The chiefe exercise of the brest & instrumentes
 of the boyce is vociferation, whiche is syn-
 gynge, redynge, or crienge, wherof is the proper-
 tie, that it purgeth naturall heate, and maketh it
 also subtyll and stable, and maketh the members
 of the body substanciall and stronge, resisting dis-
 eases. This exercise wolde be vled of persones
 short wynded, and them, which can nat fetch their
 breste, but holdinge their necke streight vpright.
 Also of them, whose fleshe is consumed, specially
 about the breste and shulders. Also whiche haue
 had apostumes brokен in their brestes: moxouer
 of them that are hooſe by to moch moisture, and
 to them, which haue quarteyn feuers, it is conue-
 niente, it louseth the humour, that stycketh in the
 breste, and dieth vp the moystnes of the stomake,
 whiche

which properly the course of the quarten is wont to bring with hym, it also profiteth them, whiche haue feble stomakes, or do vomite continually, or do breake vp sowenes out of the stomake. it is good also for grieves of the head. He that intendeth to attempte this exercise, after that he hath been at the stoole, and softly rubbed the lower partes, and washed his handes. Let him speake with as base a voyce as he can, and walkynge, begyne to syng lowder & lowder, but styl in a base voice, and to take no hede of sweete tunes or armonye. For that nothinge doth profite vnto helthe of the body. but to inforce him selfe to syng great, for therby moch aire drawen in by fetching of breteth, thrusteth forth the brest & stomake, and openeth and inlargeth the poores. By high crieng & loude redinge, are expelled superfluous humours. Therfore men and women, haunge their bodies feble, and their fleshe louse, and not firme, must reade oftentimes loude, and in a base voyce, extending out the wynd pipe, & other passages of the bretethe. But not withstandinge this exercise is not vsed alway, and of all persons. For they, in whome is a-bundance of humours corrupted, or be moch diseased with crudite in the stomachke and baynes, those do I counsayle, to absteyn fro the exercise of y voice, lest moche corrupted iuice or vapors, may therby be into al the body distributed. And here I conclude to speake of exercise, which of the, that desire to remain long in helth, is most diligently, & as I mought say, most scrupulously to be obserued.

THE THIRDE
THE THYRDE
BOKE.

¶ Of Replecion. Cap. 1.



EPLECIION IS A superfluous abundaunce of humours in the body: and that is in two maner of wyse, that is to say in quantitie, and in qualitie. In quantitie, as where all the fourre humours are moxe in abundance, than be equall in proporcional to the body that conteyneth theym, or where one humour moche excedeth the remenant in quantitie. In qualytie, as where the bloud, or other humour, is hotter or colder, thicker, or thinner, than is conuenient vnto the body. Fyse, where all the humours, beinge superfluously increased, fylleth and extendeth the recep- tories of the bodye, as the stomacke, the vaynes, and bowelles, and is mooste properly callyd fulnesse, in greke Plethora, in latyne Plenitudo. The other is, where the bodye is infarced, eyther with coler, yelow or blacke, or with fleume, or with watry humours, and is properly callid in greke Cacochymia, in latyne Viciosus succus, in englishe it may be called corrupt suyce. ¶ Wyll not here wryte, the subtyll and abundant definitons and descripti- ons of Galene in his booke de Plenitidine, and in his comentaries vpon the aphorismes of Hippo- crates,

crates. For it shall here suffice, to shewe the operations of repletion good or yll, remittinge them, which be curious, and desire a moze ample declaration, to the most excellente warkes of Galene, Aph. li. 2. where he may be satisfied, if he be not determy-
 ned to repugne against reason. Hipocrates saith, Aph. 15. Vbi cibus
 where meat is receyued moch aboue nature, that præter na-
 maketh syckenesse. Galene declarynge that place turā plus ingest^o est
 sayth: Moze meate than accordeth with natures hic morbi measure, is named Repletion. And afterwarde facit.
 he expoundeth that wo^ode aboue nature, to syg- Galen. in
 nyfye to moche and superfluously, as who sayth, commento.
 where the meate is superfluously taken, it ma-
 keth syckenesse. For meate but a lyttell excedyng
 temperance, may not forth with make syckenes,
 but may yet kepe the body within the latitude or
 boundes of helthe, for the meate that shall make
 syckenes, must nat a lyttell excede the exquisite
 measure. The incommoditie, whyche hapneth
 therby is, that moystnesse is to moche extended
 and naturall heate is debilitate. Also naturalle
 heate, resolueth sommewhat of the superflououse
 meate and dynke. And of that, whyche is resol-
 ued of meate vndygested, procedeth fumosytie,
 grosse and vndygested, which ascendyng vp in-
 to the head, and touchyng the ryme, wherin the
 brayns is wrapped, causeth head ache, trembling
 of the members, duskyshnes of the sight, and ma-
 ny other syckenesses: also by the sharpnes therof,
 it prycketh and annoyeth the sinewes, which make
 sensibilitie, the rootes of whom, are in the braine,

Pit and

THE THIRDE

and from thens passeth throughe all the bodye. Synallye, the sayd fumositie, engendred of repletion, percyng the innermooste parte of the sayd synewes, called sensible, it greuously annoyeth the power animall, there consistinge, by the occasion wherof, understandynge and reason, as to the vse of them, are lette and troubled. And also the tongue, whiche is raysons exposytour, is depryued of his offyce, as it appereth in them, whyche are drunke, and them, whyche haue greuous peynes in theyz head, procedyng of repletion.

Oribasius
Euporistō
lib. 1.

Synges of replecyon be these, losse of appetite, delyte in nothyng, slouthfulness, dulnesse of the wytte, and fences, moze sleape, than was accustomed to be, crampes in the bodye stertynge or saltion of the members, fulnesse of the baynes, and thyckenesse of the poules, horrour or shrowdelynge of the body myxt with heate. The remedies are abstinence, and all euacuations, wherof I wil make mencio in the next chapiter.

¶ Of Euacuation. Cap. 2.

The meates and drynkes receyued in to the body, if the stomake and lyuer doo their naturall office, be altered by concoction and digestiō in suche wise that the best partie therof goth in the nourishement of the body: the warst, beinge separeate by the members officiall, from the residue, ar made exrementes in sundrye fourmes and substances, whiche are lyke in qualitie to the natural humour, whiche than raigneth most in the body.

These

These excrementes be none other, but matter superflououse and vnsauery, whiche by naturall powers may not be converted in to fleshe, but remayne in the body corrupt the members, and therfore nature abhorynge them, desireth to haue the expelled. These excrementes be thre in number, Excremen
ordure, vrine, humour superfluous. More ouer, res.
there be two sortes of ordure, that is to saye, one Ordure.
digested, whiche passeth by siege, the other vndigested, whiche is expellyd by vomyte. Where I vngested.
saye digested, I meane, that it is passed the stomake, and tourned in to an other fygure. Lyke
wyse I calle that vndigested, whiche styllyteth the fygure of meat. Urine is the watry sub- Vrine.
stance of the blounde, lyke as whay is of mylke,
whiche out of the meate that is altered and concocte or boyled in the stomacke, is strayned in the
baynes called Mesaraice, whiche procedeth frome
the holowe part of the lyuer, and sente by the rynnes in to the bladder, passeth by the Instrument,
the whiche is ordyned as well to that purpose, as
for generation. Humor superfluous is in. iii. sortes, either myxt with any of the foure humours,
callyd natural, or els it is gathered in to the brain
or it is betwene the skyn and the fleshe, or lyeth amonge the sinewes, muscles, or ioyntes. Of hu-
mours some are more grosse and colde, some are
subtyl and hot, and are called vapours. Now for
to expell the sayd excrementes, are. ix. sundry kyn-
des of euacuation, that is to say, abstinance, vo-
myte, purgation by siege, lettyng of blounde, sca-
rifcieng,

THE THIRDE

risieng callid cupping, sweating, pronocatiō of h-
rine, spitting, bleding at h nose, or by hemoroides:
& in wome, their natural purgatiōs. Of these eu-
cuatiōs I wil brefely declare, with h cōmodities,
which by h discret use of the do happē vnto h body

¶ Of Abstinence. Cap. 3.

Abstinence is a forbearynge to receyue any
meate or drinke. For if it be but in parte, it
is than callyd rather temperance than abstinence.
It ought to be vsed onely after repletion, as the
proper remedye therfore. And than if it be mode-
rate, it consumeth superfluities, & in consuminge
them, it clarifieth the humours, maketh the body
fayre coloured, and not onely kepereth out sicknes,
but also where syckenes is entred, nothyngē more
helpeth, if it be vsed in season. To them, whyche
haue very moyst bodies, hunger is right expediet
for it maketh them more drie, not withstandynge
therought to be consyderatiōs, in the meate be-
fore eaten, in the age of the person, in the tyme of
the yere, & in custom. Fyrst in the mete before eate,
if it be moch in excesse or very grosse, or not moch
excedyngē, or lyght of digestion, and accordinge
thereto, wolde abstinence more or lasse be propo-
cioned. Concernyng age, Hipocrates saith, old me-
may susteyn fastinge easily: next vnto them, men
of myddel age, yong men may wares beare it, chil-
dern warst of all, specially they that be lusty: not
Galen. in. com-
withstanding here Galen coorrecteth Hipocrates,
saying, that he shuld haue excepted men very old.
who

Cels. iii. 2.
Hipoc. a.
pho. li. 7.

Consyde-
rations in
abstinence

Apho. li. 1.

who, as experience declareth, must eate often and lyttell. As touchinge tyme, it must be remembred, that in wynter and springe tyme, the stomakes be naturally very hote, & slepe is longe, & therfore in that tyme meates wolde be more abundant, & all though moche be eaten, it wyll be soner digested. Wherfore abstinence wold not be thā so moch as in sommer, albeit to absteyn moch in sommer, except it be after replecion, Damascene sayth, it dryeth the body, it maketh the colour salowe, it ingē-
Damascene apho.
deth melancholy, and hurteth the sight. Moreouer custome may not be forgoten. for they, whiche are vsed from childehode, to eate sundry meales in the day, wold rather be reduced to fewer meales, & littell meate, than to be cōpelled to absteyn vterly, to thintent, that nature, which is made by custome, be not rubuked, & the power digestiue therby debilitate. And note well, that by to moch abstinence, the moysture of the body is withdrauen and consequently the body dryeth, and waxeth leane: naturall heate, by withdrawinge of moysture, is to moche incended, and not syndyng humoure to warke in, tourmeth his vholencie to the radycall or substanciall moysture of the body, and exhaustynge that humour, bringeth the body into a cōsumption. Wherfore Hipocrates saythe, that to scarce and exquisite an order in meate and drinke, is for the more parte more dangerous than that, whiche is more abundant. Contrarywyle moderation in abstinence, accordinge to the sayde considerations, is to helth a sure bulwarke.

Aph. li. 23.

¶

THE THIRDE

¶ Of Vomyte. Cap. 4.

Acti. li. 1.

Cels. li. 1.

THe meate or dynke superfluous, or corrup-
ted in the stomak is best expelled by vomytes,
if it be not very greuous to hym, whiche is disea-
sed. Also the moderate vse of it, pourgeth fleume,
lighteth the head, causeth that the excesse of mea-
tes or dynkes, shall not annoy or bringe syckenies.
Moare ouer, it amedeth the affectes of the raynes,
the bladder, and the fundement. It also helpeth
against lepries, cankers, goutes, dropsies, & also
dyuers syckenesses procedyng of the stomacke.
For if any grefe hapneth of the heade, vomite is
than vncommodious. It is better in winter, than
in sommer. Also good for them, whiche are replete
or very coleryke, if they haue not welle digested,
but it is yll for them that be leane, or haue weake
stomakes. And therfore where one feeleth bytter
vapours, risyng out of his stomacke, with griefe
and weightynes, in the ouer partes of his bodye,
let hym runne forth with to this remedy. It is al-
so good for hym that is hart burned, and hath mo-
che spittel, or his stomake wambleth, and for hym
that remeueþ into sundry places. yet I counsaile
saith Celsus, hym that wyll be in helth, and wold
not be to soone aged, that he vse not this dayelye.
And I my selfe haue knownen men, whiche dayly
vslinge it, haue brought therby their stomakes in
to suche custome, that what so euer they dyd eate,
they coude not longe retaine it, wherby they shor-
tenen their liues. Wherfore it wold not be vsid, but
onely where great surfe, or abundance of fleume

do

Do require it. He that wyll vomyte after meate, let hym drynke sundry drynkes myxte togyther, and last of all, warme water: or if that be to easly, let hym myxt therwith salt or hony. If he wyll vomite fastynge, let hym drynke water and hony sodden togither, or I slope with it, or eate of a radyshe coote, and drynke warme water vpon it. also water, wherin radyshe is boyled, and afterward prouoke hym selke to it. Them, that wyll haue moxe violent purgations, I remytte to phisitions learned. But yet I do eftstones warne them, that therin they be circumspect, and do not moche vse it.

Mozeouer in vomytes, the matter brought forth, wold be consydered, accordyng to the rules of Hippocrates, in his seconde boke of pronostications, that is to say, if it be myxt with fleme and coler, it is most profitable if it be not in very great quantity, nor thick, the lasse mixture it hath, the warr is it. If it be grene, like to leke blades, thyn or blak, it is to be iuged yll. If it haue al colours, it is extreme perillous. If it be ledy coloured, & sauorith horribly, it signifieth a shott abolition, or dissolution of nature. For as Galene affirmeth there in his commente, suche maner of vomite declareth corruption with extinctinge of nature. Also eue-ry putrified and stynkyng sauoure in vomyte is yll. These thinges be ryght necessary, to be loked for, where one doth vomyte without any difficultie: but to inforce one to vomyte which can not, is very odious, and to be abhorred.

Hippocras.
præsag. 2.
cap. 7.

Galen. de
locis afe-
ctis. lib. 1.



THE THIRDE

¶ Of Purgations by siege. Cap. 5.

Cels. li. 2
Aetio. li. 1.

If the hed be heuy, or the eien dimme, or if there
 be peyne felt of the colyke, or in the lower parte
 of the bely, or in the hippes, or some colerike mat-
 ter or fleume in the stomake. Also if the b̄eath be
 hardely fethched, if the bealy of hym selfe sendeth
 forth nothing, or if being costiue, one feleth yl sa-
 uour or bytternes in his mouth, or that which he
 maketh, hath an horriblie sauour, or if abstinence
 do not, at the fyſt putte awaie the feuer, or if the
 strength of the body may nat susteyne lettyngē of
 blud, or els the tyme therfore conuenient is past,
 or if one haue drunke moche before his lyckeies,
 or if he whiche oftentymes unconstrained, hath
 had great sieges, be sodeynly stopped: in all these
 cases, and where it is peynfull to vomyte, and in
 gnawinge or frettinges of the stomake, finally in
 all replecions, where a man can not or wyll not be
 let bloudde or vomyte, it is expedient to prouoke
 siege by purgations, whiche are receyued by two
 wayes: upwarde at the foudement by supposi-
 tories or clysters. Downewarde at the mouth, by
 potions, electuaries, or pylles. Suppositoires ar
 vsed, where the pacient is weake, and maye not
 receyue any other purgations. Sometyme for as
 moche as the strayte gutte is stopped with excre-
 mentes, which are dry and hard: sometyme where
 there nedeth none other purgation, specially in
 bourninge feuers, wherof the matter ascendeth in
 to the head, than clysters may do harme, & by the
 benefit of suppositoires, excrementes are brought
 forthe

for the without any annoyance. And oftentimes it bringeth forth that which clysters may nat.

Suppositories are made somtyme with hony on-
ly, sodden, rolled on a bourde, and made rounde,
smaller at the one ende than at the other, & of the
length and greatness, according to the quantite of
the body that taketh it. Somtyme there is myrte
with the hony salt dried, or salt peter, or the po-
wer of suche thinges, as do eyther purge the hu-
me, which offendeth, or dissolueth grosse windes,
or other matter: they be somtyme made with ro-
selyn, pitche, waxe, or gumes, somtyme of rotes, or
the leaues of mercury grene, very small bnuised.
also with figgis or reissons, the stones take out, or
of white sope, made i the figure aforesayd, & being
made in the forme aforesayd, they must be put vp
in at the fundement, to the great end, and the pa-
cient must kepe it there the space of halfe an houre
or more. Clysters are made of lycour, sometyme
symple, as water sodden, mylk, oyle, or wyne. som-
tyme myrt, as water and oyle togither, or decocti-
ons, as where herbes, rotes, fruities, sedes, orgu-
mes, haupnge propertie to make softe, dissolute,
drawe forthe, or expelle matter that greueth, be
boyled, and the lycour therof, sometyme warme,
sometyme hote, is receyued at the fundement into
the body by a lyttell pipe of golde or syluer, yuo-
rie or wodde, therfore ordyned and callyd a cly-
ster pipe. This is necessary, where the stonake is
weake, and may not susteyn the warkinge of me-
dicines receyued at the mouth. also in feuers, co-

Qui likes,

lykes, and other diseases in the bowels, griefe in the raynes of the backe or huckle bone, bentospties in the bealye, inflammation or exulceration in the guttes or bladder. It is a conuenient and sure medicine, and lest hurt doth ensue of it. The makinge and ordinge therof, I wyll omptte to write in this place, partly that I wold not, that phisitions shuld to moch note in me presumption, partly that an other place may be more apte to that pourpose.

¶ The particular commodities of every purgation. Cap. 6.

Potions, electuaries, and pylles ought to be moch more obseruation, than in clysters or suppositories, for as moche as these do enter no further than in to the gutte, where the ordure lieth, & by that place only, byngeth forth the matter, whiche causeth disease. But the other entringe in that way, that meates and drinke do, commeth in to the stomacke, and there is boyled, and sente in to the places of digestyon, and afterward is mixte with the iuyce, wherof the substance of the body is made, and expellynge the aduersary humours, somewhat therof doutlesse remayneth in the body. Wherefore men haue nede to beware, what medycines they receyue, that in them be no venenoſtie, malyce, or corruption, leste for the expellinge of a superfluous humor, whiche perchance good diete, or som brothes made of good herbes, or the sayde euacuation, with supposytozie or clyster, mought

mought bring forth at leysure. by desyntge of to hasty remedy, they receyue in medicine that, whiche shall ingender a venomous humour, and vne uitable distractiō vnto all the body. And therfore happy is he, whiche in sycknes fyndeth a discrete and well lerned phisition, and so true a poticary, that hath alway drowges vncorrupted, & whom the phisition may surely trust, to dispence his thin ges truely. But now to returne to the sayd forme of purgation, I wyll nowe set forth some counsayles, concernyng that matter, whiche I haue collected out of the chiese authoرس of phisike.

Bodies hote & moist: may easilly susteyn purgation by the stoole. They, whiche be leane or thyn, hauninge the members tender, may take harme by purgations. To men that are colerike, and them, that eate litell, purgations are greuous. In yong chyldern and olde men, it is daungerous to louse moche the bealy. To them that are not wont to it, purgation is noyfull. He that liueth in a good or der of diet, nedeth neither purgation nor vomite. After that the purgatiō hath wrought, thirstines and sounde slepe, be signes that the body is suffi- ciently purged. By dayly takynge of medicines, nature is corupted. Whan ye wylle pourge any thing, make first the matter flowing and soluble. Medicine to purge ought not to be mingled with meate, but to be take fourre houres at the least be- fore meales, or thre houres after meales, excepte Hipocras a phor. certayne easy pylles made to clense and confort the stomake, whiche wold be taken at the begyn-

THE THIRDE

ning of supper, or after supper, a litell before that one goth to bed, makinge a light supper or none. After purgation taken, the pacient shuld rest, and

Galen. de
sani. tuer.
L. 1.

not walke, vntyll the medicine hath wrought, nor
eate or dynke in the meane space. This is a ge-
neral rule cōcernyng excrementes, that þ cause of
retaynyng of them beinge perceyued, the contra-
ryes vnto that cause wolde be gyuen, as if a lytell
quentytie and drythe be the cause, than to take
more in quantitie, and that whiche is moyste ys
drythe be the cause onely, than not to increase the
quantitie, but that whiche is moyste. If the cause
be of takinge soure thynges or bytter, than to vse
competently thynges sweete, or farte. Lykewyse
in order of meales, as if he whyche was wonte to
eate twyse in one day eateth but ones, and ther-
by is discrased, he must feede not onely twyse in
one day, but also oftener, hauinge respect to a con-
uenient quantitie. These thinges haue I remem-
bred, bycause I haue knownen right good phisiti-
ons, to haue forgotten, to instruct therof their pa-
cientes. Nowe wyll I settte forthe the table of su-
che thinges, whiche of their propertie do digest or
purge superfluous humors particularly, whiche
I haue gathered out of the bokes of Diſcordes
Galen, Paul⁹ Egineta, Dibasius, & Aetius, and
other late writers. not with standynge, I haue
not wriuen all, for as moche as there be dyuers
thinges, whervnto we haue not yet founden any
names in englishe.

Dige-

¶ Digestives of
Choler.

CEndyue.
 Lettyle.
 Cykoxie.
 Scabiose.
 Maydenheare,
 Malowes.
 Mercurye.
 The iuyce of pome-
 granades.
 Pourselane.
 Poppe.
 Berberyes.
 Roses.
 Violettes, the leafe and
 flowre.
 Sozell.
 Lyuerworte
 Sozell de boyse.
 Whay clarifyed.
 The greate fourre colde
 sedes, that is to saye, of
 gourdes, cucumbers,
 melones, and citruls.
 Psillium.
 Vineger.
 Saunders.
 Barley water.
 Prunes.
 Tamarindes.

¶ Purgers of
Choler.

Wyldes hoppes.
 Wormewode.
 Centozie.
 Fumitozie.
 Whay of butter.
 Violettes.
 Mercurye.
 Juyce of roses.
 Prunes.
 Agrimony.
 Tamarindes halfe an
 ounce in a decoction:
 Manna. vi. drammes
 at the leaste, and soo to
 xxv. in the brothe of a
 henne or capon.
 Reubarbarū by it selfe
 from two drammes; vnto
 four, infused or sti-
 ped in lycour, from.iii.
 drammes vnto.viii.

¶ Digestives of
fleume.

Fenell. { the rotes.
 Persely. {
 Smallage.
 Capers.
 Lawzell.
 Synup.

THE THIRDE

Synuye.	Agrimonye.
Puly.	Alder.
Maizoram.	Polypodiū of the oke.
Penycroyall.	Myzobalani kebuli, in fused from half an ounce to an ounce, and ii. drā- mes. In substance, from two drāmes to halfe an ounce.
Wylde parsnyp sede.	Agaricus frō a drāme to two drāmes infused, from ii. drāmes to fīue.
Wynt.	Yreos.
Pympernell.	Maydenheare.
Horemunt.	Sticados.
Gladen.	
Agrymonye.	Purgers of melan- colye.
Calamint.	The brothe of cole- wortes lyght boyled.
Rep.	Baulme mynte.
Betayne.	Sticados.
Hauge.	Tyme.
Kadyshe.	Deene, boyled in white wine or in the brothe of a henne.
Mugworte.	Lased sauery.
Juniper.	Exithiunus.
Hyslope,	Unwrought sylke.
Pyonye.	Organum.
Baulme.	Calamint.
Honye.	Bourage
Gynger.	
Squilla.	
Aristolochia,	
Cynamome.	
Pepper.	
Cumyne.	
	Purgers of fleume.
	Centozie.
	Pettyll.

Bourage.
Hartis tongue.
Quickebeme.
Mayndenheare.
Melancolye for the thynnesse and subtylnesse
of the humour, nedeth no digestiue.

Wynth wynde.
Sulyall mountayne.
Honye.
Sugar.

CThey whiche wyll take sharper purgations,
or compound with dyuers thinges, let them take
the counsayle of an honest and perfite phisition,
& not aduenture to myxte thynges togither, with
out knowing the temperance of them in degrees,
and that he can propozcion them to the body, that
shall receyue them in symples, as they be wryten.
And so he may vse them without peryll, ageynste
the humours, wher unto they serue.

Lerryng of bloudde. Cap. 7.

The parte of Euacuation by lettinge of blude
is incision or cuttyng of the bayne, wherby
the bloud, whiche is cause of lyckenes or grieve to
the hole body, or any particular part therof, doth
most aptly passe. The commodities wherof, be- Arnoldus de villa noua.
inge in a moderate quantitie, and in a due tyme
taken, be these that folowe, it clarifieth the wytte,
and maketh good memory, it clenseth the bladder,
it drieþ the brayne, it warmeth the marowe, be-
inge in the bones, it openeth the herynge, it stop-
peth teares or droppynge of the eyen, it taketh
away lothsomnes, and confirmeth the stomake, it
noysheth that whiche is propre to nature, and the

THE THIRDE

*Oribasius
sue medici-
ne com-
pendio.*

contrary expelleth. It is thought, that therby life is prolonged, and the matter makyng syckenesse shortly consumed. Wherfore lettynge of bloude is not only expedient for them, whiche are full of bloud, or haue abundance of strength, but also for them, in whom, without plenitude, callyd fulnes, inflammations begyn to be in their bodies, or by some outward stroke, the bloude being gathered within by collection therof, do sele griefe or disease. Also where there is moche peyne felte, or debilitie of some member, wherof is supposed to be engendred some greuous disease. Moreouer they whiche vse excesse of meates and dynkes, maye be cured by lettynge of bloudde. But thole, whiche be temperate, kepynge good diete, be holpen without lettynge of bloude: as by fricasies, vsing of bathes, exercise, walkynge, and rydynge moderately. Also vunctions with oyles and oyntementes, callyd Diaphoretice, whiche by euaporation, do shortly euacuate the fulnesse. All be it, if the fulnesse be of melancolye bloud, than alwaye nedes muste be lettynge of bloudde. Aboundaunce of melancolye bloudde is knownen by these sygnes. There is felte in the entrayles, or within the bulke of a man or woman, a weyghtynesse with tension or thrustynge outward: and all that part, whiche is aboue the nauell, is moche heup, than it was wont to be. Also moch vrin and farty, the residēce or bottom thycke, troublous, and fatte. Sometyme blacke poushes or boyles, with inflamation and moch peyne. These must be shortly let bloud, and the

the melancholy humor also purged by siege. They
whiche haue crude or raw humors, must be ware-
ly let bloudde, before that syknesse ingender, but
hauynge the feuer, in no wyse. Concernyng let-
tyng of bloud, these thinges folowinge wold be
hadde in continual remembraunce, and be afoxe
thougt on. In abundance of the bloud, the qua-
litie and quantitie, the greatnesse of the syknes,
and if it be present, or loked for, also the diete pre-
cedyng, the age and strength of the persone, the
naturall fourme of his body, the tyme of the yere,
the region or countrey, the presēt state of the aire,
the dispse of accustomed exercise, the lessinge of e-
vacuations vsed before. In qualitie consyder, of
what humour the fulnesse procedeth. In quanti-
tie the abundance of that, whiche is to be purged.
In siknes, if it be dangerous or tollerable: yf the
siknes be present, it requireth the moxe diligēce: if
it be loked for, it may be the better propozitioned.
In diet, the custome in eating & d̄inking must be
specially noted. In yong men & wome, lettinge of
bloud wold be moxe liberal. In old men & yonge
chyldeſ, it wold be scarſer: Stronge men may su-
ſtayne bledinge, they whiche are feble, may not en-
dure it: Large bodies haue greater vſells, than
they, whiche be litell. leane men haue moxe bloud,
corpoſate men haue moxe fleshe. The tyme of the
yere must be ſpecially marked. For in the begyn-
ninge of ſpringe tyme is the beſt letting of bloud,
as Dribalus ſaythe, and ſo dothe continue, after
the opinion of Arnolde, vnto the eighte calendes.

Actu. II. 5.

Cor. Celsus, li. 3.

THE THIRDE

Oriba, su.
Arnoldus
de villa
noua de
slobotho-
mia.
Io. Dama
scenus in
arte med.

of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the person is of a very colde nature, the baynes shulde not be opened. And Damascene saythe, They whiche in youthe haue vsed to be moche let bloud, after they be thre scoze peres olde, their nature waxeth colde, and naturall heate is in them suffocate, specyallye yf they were of a colde complexion, but that is to be vnderstande, where they that are in helth, are of- ten let bloud. For in the lapse from helth, and in dyuers diseases, wherin the bloude is corrupted, or where it ingedreth impostumes, or resorteth to any place, where it ought not to be, or passeth by any other cundyte, than nature hath ordeyned, or where it is furious or inflamed, or by any other meanes bredeth greuous diseases, in all these ca- ses, it ought to be practised, ye soinotyme in aged persons, women with childe, and yonge infantes. For in extreme necessitie it were better experiance some remedy, than to do nothyng. All other thin- ges concernyng this matter, partayn to the part curatiue, whiche treateth of healyng of sycknes, wherof I wyll not nowe speake, but remytte the reders to the counsaille of discrete phisitions.

Of scarifyeng called boxyng or cuppyng. Cap. 8.

Galenus.

FOR as moche as it is not conuenient, to be let bloud oftentimes in the ycre, bycause moch of the bytall spirite, passeth forth with the bloudde, whiche being exhaust, the body waxeth colde, and naturall operations bcom the more feble, I ther- fore

soe do counsayle (sayth Galen) that the base partes of the body, as the legges, be scarified, which is the moste sure remedy, as well in conseruyng helthe, as in repayynge therof, beinge decayed. For it cureth the eyen being annoyed with longe distillations. It profiteth also to the head, and ouer parte of the body against sundry diseases. In what member the bloud is gathered, the body being fyrt poured by scarification, the grese maye be cured. Also Oribasius affirmeth the same, and also addeth thereto, that it helpeth squynances, or quynces in the throte, and dissolueth the constipa- Oribasius
in medicis
ne comes
pendio.
tions or stoppinges made of all places, if the places be scarified: not withstanding application of boxes about the stomake, in hot feuers, where reson is troubled, ar to be eschewed, for feare of suffocation. Lykewise put to the head vndiscretely, it hurteth both the head and the eies. The late autho- Aetius.
rs do affirme, that scarifieng is in the stede of lettinge bloudde, where for age, debilitie, or tyme of the yere, or other lyke consyderation, a manne may not susteyn bloud lettinge, and it bryngeth forth the thyn blod, which is next to the skynne.

Of bloud suckers or leaches. Cap. 9.

There is also an other fourme of euacuation by wormes, founde in waters called bloudde suckers, or leaches, whiche being put vnto the body or member, doo drawe out bloudde. And their drawynge is more conuenient for fulnesse of blod thanne scarifieng is, for as moche as they fetche

Risi bloude

THE THIRDE

bloude moze deper, and is moze of the substaunce of bloude. yet the opinion of somme men is, that they do drawe no bloudde but that, whiche is corrupted, and not propozcionable vnto our body.

And therfore in grieses, whiche happen betwene the skynne and the fleshe of bloudde corrupted, these are moze conuenient than scarifieng.

Oribasius
in medici-
ne com-
pendio.

But before that they be put vnto any part of the body they must be fyft kept all one day before, giuinge vnto them a lyttell bloude in fresshe fleshe. And than put them in a clene water, somwhat warme, and with a spoung wype away the slyme, whiche is about them, and than lay a lyttell bloud on the place greued, and put them than to it, and lay on theym a spoung, that whan they be fulle, they may falle awaie, or if ye wyll sooner haue theym of, putte a hōse heare bytweene theyz mouthes, and the place, and drawe theym awaie, or putte to their mouthes salte or asshes, or byneger, and soorthwith they shall falle, and than washe the place with a spoung: and if there doo yssue moche bloudde, laye on the place the poulder of a spoung, and pycche bourned, or lynnyn clothe bourned, or galles bourned, or the herbe callyd *Bursea pastoris* bryused. And this suffyseth concer-nyng bloud suckers.

¶ of hemoroides or pylls. Cap. 10.

HEmoroides be vapnes in the founement, of whome do happen sundry passions. sometyme swellyng, without bledyng, sometyme superfluous

perfluous bloud by the puissance of nature, is by them expelled, and than be they very conuenient. for by them a man shall escape many great syckeneses, whiche be engendred of corrupted bloude, or of melancholy. Semblably, if they be hastilye stopped frome the course, whiche they haue bene vsed to, therby do increase the said syckeneses, whiche by them were expelled, as drospies, consumptions, madnes, fransies, and diuers diseases of the head, and other syckeneses, palenes of the vysage, griefe in the raines of the backe, and thies. And if they flow to moch, there insueth feblenes, leanenes of the body, alteration of colour, great pepnes in the lower partes of the bodye. And yf the fluxe be vnmoderate, it engendreth myschewous diseases. Wherfore it wolde be dyligentlye taken hede, that they runne in mesure, or els to vse some thinges moderately, whiche may restrayn them. Concerninge other euacuatiōs, I do purpose-
ly omittē to wryte of theym in this place, for as moche as in this realme, it hath bene accompted not honest, to declare them in the bulgar tongue, but onely secretely.

Of affectes of the mynde. Cap. II.

The last of thynges callid not naturall, is not the least parte to be consydered, the whiche is of affectes and passions of the mynde. for yf they be immoderate, they do not onely amiope the body, & shorten the lyfe, but also they do appaire, and somtyme lose vterly a mans estimation. And that

THE THIRDE

that moche moze is, they bringe a man from the
vse of reason, and sometyme in the displeasure of
almighty god. wherfore they do not only require
the helpe of phisike corporall, but also the coun-
sell of a man wyse and well lerned in mozell phi-
losophye. wherfore after that I haue recyted,
what they be, I wyll brievely declare such coun-
sayles, as I haue gathered. And as concernyng
remedies of phisike sauinge a few symples, which
do confort the harte & spirites, the residue I wyl
remytte to the counsayle of phisitions, lyke as I
haue done in euacuation. Affectes of the mynde,
wherby the body is annoyed, and do bring in sik-
nes, be these, yre or wrath, heuynes or sorow, glad-
nes, or reioycynge.

¶ Of Ire. Cap. II.

He is kendlyd in the harte, moodynately chau-
fynge the spirites there, and than is sent forthe
in to the members, and doth superfluously heate
them, and disturbeth reason, where the bodyes be
hotte afoze. wher naturall heate is feeble, the
heate may nat be dispersed vnto the extreme par-
tes, and than dothe the extreme members, that is
to say, whiche are farre frome the harte, remayne
colde, and tremblynge. Of this affection cometh
sometyme feuers, sometyme apoplexies, or priua-
tion of sensis, tremblynge, palseys, madnes, fran-
sies, deformitie of visage, and that warse is, out-
ragious swarynge, blasphemy, desyre of venge-
ance, losse of charitie, amitie, credence, also forget-
fulnes

fulnes of benefyte p̄cedyng, and of obedyence,
 duetie, and reverence. There also do succede con-
 tention, chargeable suite, vnquietnes of mynde,
 lacke of appetite, lacke of slepe, feeble digestion,
 scoyne, disdayne, and hatrede of other, with peryll
 of losyng of all good reputation. These incom-
 modities of Ire, perfityly had in remembraunce,
 & at the fyrt motion therof one of them thought
 on, may happen to b̄ynge in his felowes, & ther-
 by the flame may be quenched. ¶ let hym that is
 angry, euē at the fyrt consyder one of these thin-
 ges, that lyke as he is a man, so is also the other,
 with whom he is angry, and therfore it is as le-
 full for the other to be angry, as vnto hym: and if
 he so be, than shall that anger be to hym displea-
 sante, and stere hym more to be angrye. Wherby it
 appereth, that Ire is to hym lothsome. If the o-
 ther be pacient, than let hym abhoore that thyng
 in hym selfe, the lacke whereof, in the other con-
 tenteth hym, and asswageþ his malice. More o-
 uer, let hym before, that occasion of Ire doth hap-
 pen, accustome hym selfe to beholde, and marke
 well them that be angry, with the successe of that
 anger, & ruminate it in his mynde, a good space
 after. And in that tyme, let hym remeber, how
 Christe, the sonne of God, and God, who (as he
 hym selfe sayd) mought haue had of God his fa-
 ther, if he wolde haue asked them, legions of an-
 gels to haue defended hym, ye with lasse than a
 wyng, mought haue slayne all his aduersaries:
 yet he not withstandinge rebuked, scorned, falsely

THE THIRDE

accused, plucked hym ther & thyther, stryped, boun-
den with halters, whypped, spytte on, buffeted,
crowned with sharpe thorne, laded with a heuye
piece of tymber, his owne proper torment, halyd,
& drijen forth lyke a calfe to the slaughter house,
eftstones beaten and ouerthowen, retched forthe
with ropes, armes and legges layd on the crosse,
and ther unto with long yron nayles through the
handes and fete nayled, with many strokes of ha-
mers, with many prickynges, or euer the nayles
mought perce by his tender & most blessed flesche,
and synewes, quyte throughe the harde tymber,
up to the heades of the nayles, and all this being
done for the offence of mankynd, and not his, yet
with the men, whiche dyd it, his mooste vnykynde
countrey men, his most vnnaturall kynnesmen,
whom he syste made of nothyng, preserued by
myracles, delyuered from perylles, and cured of
dyseases, in all his vexation and trouble, he was
neuer sene or perceyued angry. If one wyll saye,
that Anger is naturall, lette hym also consyder,
that in Christis manhooode were all naturall po-
wers. If he wyll saye, that Ire is token of cou-
rage, and in Christe it lacked not, whome both an-
gels and deuyls trembled and feared. The pre-
mysses often reuolued, and boorne in the mynde, I
wyll not say, shall vterly extincte all motions of
wrath, whiche is not possible, but it shall, whan it
kyndleth lyghtly represse it, and lette that it shall
not growe into flame. And in speakeyng here of
wrathe, I do not meane that, whiche good menne
haue

haue against vices: or wyse and discrete gouernours, and maisters, agaynst the defautes or negligences of their subiectes or seruauntes, vsed in rebukyng them, or moderately punysshynge them. For that is not properly yre, but rather to be callyd displeasure, and is that wherof god speketh, by his prophete Dauid, sayenge, Be you Psal. 4. angry, and do not synne. And that maner of anger, hath ben in dyuers holy men, prophetes, and other. And it appered in Christ, whan he dzaue Genes. 31. Exod. 32. Leuit. 10. Marc. 11. oute theym, whyche made their markette, in the holy temple of god, where there oughte to be no thyng but prayer. And in lykewyse whan he rebuked the hypocrites. But yf none of these thynges may come so shortely to his remembraunce, that is meued with anger, at the leaste, lette hym thynde on the lesson, that Apollodorus the philosopher, taught to the emperour Octauian, that before he speake or do any thyng in anger, he do recite in order, all the letters of the A. B. C. and remoue somwhat out of the place, that he is in, and seke occasion to be otherwyse occupied. This shal for this tyme suffise, for the remedyes of Ite. And he that wyll knowe moze of this matter, lette him rede in my warke, callyd the Gouernour, where I therof do write moze abundantly.

¶ Of dolour or heuynesse of mynde.
Capitulo. 12.

There is nothyng moze ennemye to lyfe, than sorrowe, callyd also heuynnes, for it exhausteth both

THE THIRDE

bothe naturall heate and moysture of the bodye,
and dothe extenuate or make the body leane, dul-
leth the wytte, and darkeneth the spirites, letteth
the vse and iudgement of reason, and oppresseth
memoyre. And Salomon sayth, that sozowe dizi-
eth vp the bones. And also, lyke as the mothe in
the garment, and the wourme in the tree, so dothe
heuynesse annoye the harte of a manne. Also in the
boke callyd *Ecclesiasticus*, Sozowe hath kyld
many, and in it selfe is founide no commoditie.

Ecclesiast.
xi. 25. 28.

Also by heuynesse deth is hastened, it hydeth ver-
tue or strengthe, and heuynesse of harte boweth
downe the necke. This is so puissant an ennemyn
to nature and bodily helth, that to resiste the ma-
lyce and violence therof, are required remedies,
as well of the holsome counsayles founide in holy
scripture, and in the bokes of morall doctrine, as
also of certayne herbes, fruities, and spycys, ha-
uyng the propretie to expelle melancholyke hu-
mours, and to comfort and kepe lyuely the spiri-
tes, whyche haue their proper habytation in the
harte of man, and moderate nourishynge of the
naturall heate and humour callyd radicall, which
is the base or foudation, wherupon the lyfe of man
standeth, and that fayling, lyfe falleth in ruine, &
the body is dissolued. Nowe syrste I wyll declare
some remedies a geynst sozowfulnesse of harte, co-
cernyng necessary counsayle.

Sometyme this affecte hapneth of Ingrat-
tude, eyther where for benefyce, or special loue em-
ployde, one receyuethe damage, or is abandoned

in his

in his necessitie, or is deceyued of hym, whome he trusted, or syndeth hym, of whom he hath greate expectation, forgetfull or negly gent in his cōmoditie, or perceyueth the persone, whome of longe tyme he hath loued, to be estranged from him, or to haue one of later acquayntaunce in moze estyuation. This affection nyppeth the harte, ye of moste wyle men, for they loue moste hartily, not prouoked by carnal affection, but rather by good opinion, ingēdred by similitude of honest studyes and vertuous maners of longe tyme mutuallye experienced. And it is not only vnto mā greuous, but also vnto god most displeasant and odious, as it is abundantly declared in scripture. Wherfore the persone, whiche feleth hym selfe touched with this affecte, before that it growe into a passion, and wareth a lycknesse, lette hym call to remembraunce these articles folowinge, or at the leſt ways ſome of them, for eueryc he of theym maye eafe hym, though perchaunce they can nat forthe with perfityle cure hym.

Conſyder, that the corruption of mans nature Loſſailes
ageinſt in-
gratitude. is not ſo moch declared in any thing, as in ingra-
titude, wherby a man is made warse, thā dyuers
brute beaſtes. The lyttell ant or emote helpeth vp
his folow, whom he ſeeth ouerthowen with bur-
deyn, or by other occaſion. Also whan olyphantes
do paſſe ouer any great water, the grettest & moſt
puissant of them deuide theim ſelues, and ſettyng
the weakeſt in the myddell, part go before, trieng
the depenes and peryls, parte come after, ſuccou-

S.iii.

ryngs

Appianus
in varia hu-
ſtoria.

THE THIRDE

ringe the weakest or least, with there longe noses,
 whan they se them in danger. The same beastes
 haue ben sene not onely brynging men out of deser-
 tes, which haue lost their ways, but also reuenge
 the displeasures done to theym, the whiche gaue
 them meate, as one that slewe him, which hadde co-
 myted aduoutrie with his maysters wyfe. The
 terrible Lyons and Panthers, haue ben sene in
 their maner, to render thankes to their benefac-
 tours, ye and to obiecte their owne bodyes and
 lyues for their defence. The same we maye dayly
 beholde in our owne dogges. Thā in whom thou
 fyndest the detestable byce of Ingratitude, repu-
 tyng hym amonge the warst sorte of creatures,
 thinke not that thou hast lost a frende, but thinke
 that thou arte delyuered from a monster of na-
 ture, that deuoured thy loue, & that thou art now
 at libertie, and hast won experiance to chese the a
 better. But if this may not suffice, than eftsones
 consyder, that if thou loke well on thy selfe, per-
 chance thou mayst fynde the faute, wherof thou
 complaynest, within thyngowne bosomie. Calle to
 thy remembraunce, if thou hast alway rendred vni-
 to every man condigne thankes or benefitte, of
 whom thou hast kyndnes receyued, or if thou hast
 alway remembred, every one of theym, that haue
 doone to the any commoditie or pleasure. Thou
 shalte well perceyue, that what thyng thou re-
 ceyuedst in childehode, thou forgattest or diddest
 litel esteme, whan thou camist to the state of a man.
 And what thou dyddeste remember in youthe, in

Seneca de
benefi. 7.

age

age thou dyddest lyltell thynke on : thy nouryces
pappe, her rockynge, her watchynges, thou hast
not alway remembred, or equally recompensed.
Thy schole maysters study, his labour, his dily-
gence, in a like degré, thou hast not requited. What
greter frēdes hast thou had, of whom thou coul-
dest recyue any greater benefites, than thy noyl-
shynge and preseruunge of thy lyfe, in thy most fe-
blenes, or thyne eruditio, wherby thy nature was
made more excellent. Remembryng this, leaue
to be angry or sorowfull for so comon a byce, yet
if it cesse not to greue the, cōferre the ingratitudo
that doth vere the, with that ingratitudo, whiche
was shewed by the Israclites, whome god chasse-
for his owne people, delyuered from seruage, shew-
ed for them wōders, preserued them forty yeres
in desert, destroyd for them kynges, gaue to them
the countrey, whiche frowed mylke and hony, de-
fended them ageynst all outwarde hostilitie, sente
vnto them such abundance of ryches, that syluer
was in Hierusalē, as stones in the stete, had his
tabernacle, and afterwarde his moste holye tem-
ple amonge them, whiche he dyd dayly hylit with
his diuine maiestie, made their kynges to reigne
gloriosely, and spake with their prophetes fa-
mlyarlye, and corrected theyz errorrs mooste
gentilly : and yet for all this, they imbracyng the
paynyms idolatrie, they left so gracious and lo-
uyng a lord, and lyuyng god, and to his greatte
dispite, gaue diuine honours, to calues of brasse,
and other monstruous images, and at the laste,

put

THE THIRDE

put to moste cruell deth, the onely sonne of god,
that had done so moch for them.

And if we ch Cristen men, do loke well on our selues, reuoluyng the incomparable benefite, whiche we haue receyued by Christis passion, and consider the circumstance of his moste excellent pacience, and moste feruent loue towarde vs, with our forgetfulnesse, and the dayly breache of oure promyse, whiche we made at our baptysme, conferringe our mutuall vnykynnes therunto, there shall appere none ingratitude that shulde offend vs. Fynally for a conclusion, beholde well about the, and thou shalt all day synde the chylderne ingrate to their parentes, and wyues to their husbandes. And wylte thou loke that thy benefite or hayne expectation, shuld make the moxe fre from ingratitude of thy frende, whome chaunce hath sent the, than nature maye the parentes towarde their chyldren, or the coniunction of bodies by lefull mariage, take vnykynnesse from the wyues toward their husbandes. This vice therfore of Ingratitude, being so common a chance, maketh no woldly frendshyp so precious, that lyfe or helthe therfore shulde be spent or consumed. I haue bene the lengar in this place, bycause I haue hadde in this griefe sufficiente experiance.

Deathe of chylderen. **I**ff deathe of chylderne be cause of thy heynesse, call to thy remembrance some chylderne (of whome there is no lyttell number) whose lyues either for vncorrigible vices, or infortunate chances, haue ben moxe greuous vnto theyr parentes, than

than the death of thy children, ought to be unto the: consideringe that deth is the discharger of al grieses and myseries, and to them that dye well. the fy;st entrie in to lyke euerlastynge.

Contra The losse of goodes or authoritie doo greue Losse of goodes. none but fooles, which do not marke diligently, that lyke as neyther the one nor the other doth alway happen to them that are worthy, so we haue in dayly experiance, that they falle from hym so deynly, who in increasynge or kepyng theym semeth moste busye.

Contra Oftentymes the repulse frome promotion is Lacke of promotio. cause of discomforde, but than consyder, whether in the opinion of good men, thou art demed worthy to haue such aduaancement, or in thyne owne expectation and fantasy. If good men so iudge the, thanke thou god of that felicitie, and laughe at the blyndnesse of them, that so haue refusled the. If it procede of thyne owne folye, abhoare al arrogance, and inforce thy selfe to be aduanced in mens estimation, before thou canst fynde thy selfe worthy in thy proper opinion.

Contra All other chaunces of fortune, esteime as noo- Chances of fortune. thyng, & that longe before they do happen. The ofte recordynge of myserie, prepareth the mynde to fele lesse aduersitie. And the cōtempt of fortune is sure quietnesse and most perfite felicitie.

Contra This nowe shall suffise concerninge remedies of moxall philosophie. Nowe wyll I write somewhat touchynge the counsayle of phisycke, as in relieuyng the bodye, whiche eyther by the sayde C occasi-

THE THIRDE

occasions, or by the humoure of melancolye is brought out of temper.

The fyfte counsayle is, that durynge the tyme of that passion, eschewe to be angry, studyous, or solytarie, and reioyse the with melody, or els be alway in such company, as beste may content the.

Auoyde all thynges that be noyous in syghte, smellyng, and heryng, and imbrace al thinge that is dilectable.

Flee darknes, moche watche, and busynesse of mynde, moche companieng with women, the vse of thinges very hote and drye: often purgations, immoderate exercise, thirst, moche abstinence, dry wyndes and colde.

Absteyn from dayly eatinge of moch olde bieke or olde mutton, harde chese, hare flesche, boozes fleshe, venyson, saltfyshe, colewortes, beanes, and peason, very course breadde, greate fyshes of the see, as thurlepole, porpyle, and sturgeon, & other of lyke natures, wyne redde and thycke, meates beinge very salte or sowre, olde, burned, or fried, garlyke, onyons, and lekes.

Use meates, whiche are temperately hotte, and therewith somewhat moyste, boyled rather than rosted, lyght of digestion, and ingendryng bloude clere and fine. As mylke hot from the bdder, or at the lest newe milked, ruen chese, sweete almondes, the yelkes of rere egges, litel byrdes of þ busshes, chyckens, & hennes. Wyne white or clarette, clere or fragraunte. Sweete sauours, in winter hot, in sommer colde, in the meane tyme temperate.

Con-

¶ Confortatiues of the
Harte hotte.

B Durage, the floure
Boyleafe.
Buglosse.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rosemarye.
Lignum aloes.
Muske.
Ambergrise.
Saffron.
The bone of the harte
of a redde dere.
Myntes.
The rynde of Cytron.
Been.
Cububes.
Basyle.

¶ Confortatiues of the
Harte colde.

V Joleettes.
Perles.
Cozalle.
The unicomes hoyn.
Olde appulles whiche
be good.
Roses.
Saunders.
The olyphantes tothe.
Water lyllies.
Coriander p̄epared:

¶ Confortatiues tem-
perate.

C Jactincte.
Saphire.
Emerauldes.
Myzabolanes, callyd
kebuli.
Buglosse.
Golde, syluer.

¶ Of Ioye.

I Dye or gladnesse of harte dothe prolonge the
lyfe, it fattereth the body that is leane with trou-
bles, bringinge the humours to an equall tem-
perance, and drawinge naturall heate outwarde.
But if it be sodayne and ferurnte, it oftentymes
leeth, soz as moche as it draweth to sodeynly and

C ii excessiue-

THE THIRDE

excessiuelly naturall heate outwarde. And therfore
dyuers men and women haue ben sene to falle in
a sounde, whan they haue sodeynly beholden the
persones, whom they feruently loued.

Ti. Littius. As a woman in Rome, herynge fyste, that her
sonne was slayne in battayle. After whan he cam
to her, she seinge hym a lyue, imbracynge eche o-
ther, she dyed in his armes. This well consydred
ageynt suche inordinate gladnes, the beste pre-
seruatiue is to remember, that the extreme partes
of mundayne ioye is sorowe and heuynesse: And
that nothinge of this wrold, may so moche reioyce
vs; but occasion maye cause it to be displeasant
vnto vs.

¶ The domynion of sundry complexions. Cap. 13.

IT semeth to me not inconuenient, that I doo
declare as well the counsayles of ancient and
approued authoرس, as also myne owne opynion
gathered by diligent marking in dayly experieice,
concernyng as well the necessary diete of euerye
complexion, age, and declination of helth, as also
the meane to resyste discrasies of the body, before
syckenes be therin confirmed, leauyng the resi-
due vnto the substanciall lernyng and circumspect
practise of good phisitions, whiche shall the more
easily cure the pacientes, if their pacientes do not
disdayne to beare away and folowe my counsell.

And fyrist it ought to be consydred, that none of
the fourre complexions, haue sooly suche domini-
on in one man or womans body, that no parte of
any

any other complexion is therwith myxt. For whā
we call a man sanguine, colerike, fleumatike, or
melancolye, we do not meane, that he hath bloud
only without any of the other humours, or coler
without bloude, or fleume without bloude or me-
lancoly, or melancoly without blod or coler. And
therfore the man, whiche is sanguyno, the moxe
that he dwelth into age. wherby naturall moy-
sture decayeth, the moxe is he colerike, by reason
that heate, surmountynge moysture, nedes must
remayne heate and drithe. semblably the coleryke
man, the moxe that he waxeth into aye, the moxe
naturall heate in hym is abated, and drythe sur-
mountynge naturall moysture, he becometh me-
lancolyke: but some sanguyne man hath in the
propozcion of temperatures, a greater myxture
with coler, than an other hath. Likewise the cole-
rike or fleumatike man with the humour of san-
guine or melancoly. And therfore late practisers
of phisike are wont to call men, accordyng to the
myxture of their complexions, whiche man recey-
ueth in his generation, the humours, wheroft the
same complexions do consty, beinge augmented
superfluously in the body or members by any of
the sayd thinges callid not natural, euery of them
do semblably augment the complexion, whiche is
proper vnto hym, and bryngeth vnequall tempe-
rature vnto the bodye. And for these causes, the
sanguine or fleumatike man or woman, felynge
any discrasie by choler hapned to them by the sayd
thynges called not Naturalle, they shall vse the

THE THIRDE

Dyete discribed hereafter to hym, whiche is naturally coleryke. Semblably the coleryke or melancholyke man or woman, hauyng any discrasye by fleume, to vse the diete of hym, which is naturally fleumatike, alway remembryng, that sanguine and fleumaticke men haue more respecte vnto drithe, coleryke and melancholyke vnto moisture, and that alway as the accidentall complexiō decayeth, to resorit by lyttell and lytel to the diete, pertayninge to his naturall complexion.

¶ The tymes appropriated to every naturall humour. Cap. 14.

But fyſte it muste be consydered, that where the foure humours, be alway in manne, and in somme man commonly one humoure is more abounding than an other naturally, that is to saye, from his generation. The sayde humours haue also peculiare tymes assygned to euery oone of theym, wherin eche of them is in his most power and force, as after ensueth, after the discription of *Soranus*.

Soranus
Ephesius.

¶ Fleume hath moſte puissance in wynter, from the. viii. Idus of Nouember, vnto the. viii. Idus of februarye, whereby are engendred Catarres or reumes, the vuula, the cough, and the stytche. This humour is part in the head, part in the stomake. It hath dominyon from the thyſde houre of nyghte, vntyll the nynthe houre of the same nyghte.

¶ Bloudde increaseth in Spynge tyme, frome the

the. viii. Idus of February, vnto the. viii. Idus of May, wherof are ingendred feuers, and swete humours, whyche do shortely putrifye, the power of this humour is about the hart, and hath dominion from the. ix. houre of night, vntyll the thirde houre of the morwynge.

CRedde choler hath power in sommer from the viii. Idus of May, vntyll the. viii. Idus of August, whereby are ingendred hotte and sharpe feuers, this humoure is specially in the lyuer, and hath dominion from the thirde houre of day, vntyll the. ix. houre of the same day.

CYelowe choler, wherof is ingendred the fleme of the stomake, is nourished in Autumne, whyche begynneth the. viii. Idus of August, and dureth vnto the. viii. Idus of Nouember, and maketh shakyng feuers and sharpe, the blacke coler than increaseth, and than foloweth thycknesse of the bloude in the baynes. Blacke coler or melancholy moste raigneth in the splene, and it raigneth from the yntre houre of daye, vntylle the thirde houre of nyght.

Peculiar remedyes against the distemperance of euery humour.

Iff the distemperance be of bloude, helpe it with thynges colde, sharpe, and drye: for bloudde is Soranus in arte medendi. moiste, hotte, and swete. If it be of redde coler, gyue thynges cold, moist, and swete, for redde coler is better and syry. If it be of blacke coler giue thynges hotte moist and swete, for blacke coler is Sharpe

THE THIRDE

charpe and colde. If the disease be of salt fleume, gyue thynges swete hot and drye, thus sayth **Soranus**. Not withstandyng where there is abundance of colde fleume not myxte with coler, there shinges very sharpe and hote be mooste conuenient, as tarte byneger with hote rotes and sedes, or wynes stronge and rough, hony beinge sodden in the one and the other, or where choler is myxte with fleume, syrope acetose made with byneger and sugar boyled, sometyng with herbes, rootes, or sedes, which may dissolute fleume and digest it.

Diete of them, whiche are of sanguyne
complexion. Cap. 15.

Frasmoche as in sanguyne men bloud mooste raigneth, whiche is soone corrupted, it shal be necessary for them, whiche are of that complexion, to be circumspete in eatyng meate that shoxtely wylle receyue putrifaction, as the moze parte of fruities, specially not being perfylly ripe, also meates that be of yliuyce, as fleshe of beastes to olde, or to yonge, vdders of beastes, braynes except of capons and chykens, marowe of the backe bone, moche vse of onyons, lekes, garlyke, moche vse of olde fyggges, moche vse of rawe herbes, and althynge, wherin is excesse of hete, colde, or moyiture, meates that be stale, fyshes of the fennes or muddye waters, and to moche slepe, as exeryence sheweth.

Diete

¶ Dyete of cholericke persons. Cap. 16.

Them, whiche be cholericke, beinge in their naturall temperature, and hauinge not from their youth vsed the contrary, grosse meates moderately taken, be moze conuenient, than the meates that be fyne, and better shall they dygeste a piece of good biefe, than a chykens legge. Choler of his propertie rather burnyng than well digestyng meates of lyght substaunce, not withstandyng some gentylmen, whiche be nyctely brought vp in theyz infancy, may not so well susteyne that diete as pooze men, beinge the moze parte vsed to grosse meates. wherfore theyz diete muste be in a temperance, as yonge biefe, olde beale, mutton, and venyson powdred, yonge geese, and suche lyke, conseruynge their complexion with meates lyke therevnto in qualitie and degree, accordaninge to the counsaile of Hipocrates. And as he perceyuethe choler to aboude, so to interlace meates, whiche be cold in a moderate quantite, & to alay their wyne moze or lasse with water, eschewynge hotte spices, hotte wines, and excessiue labour, wherby the bodye maye be moche chaufed. Also he maye eate oftener in the day, than any other: forselene, that there be suche distance betwene his meales, as the meate before eaten be fully dygested. whyche in some person is moze, in some lasse, accordaninge to the heate and strength of his stomake, notwithstanding alwaye, that the colericke persone digesteth moze meate than his appetite desireth, the melancolyke

solike person desyret by falle appetite more tha
his stomacke may digest. And to a choleryke per-
son, it is right dangerous, to vse longe abstinenēce:
for choler, fyndyng nothyng in the stomacke to
concocte, it fareth than, as where a lytell potage
or mylke, beinge in a vessell ouer a great fire, it is
burned to the vessell, and vnsauery fumes & va-
pours do issue out therof. Likewise in a cholericke
stomake, by abstinenēce, these inconueniences do
happen, humours adust, consumyng of natural
moysture, fumosities and stynkyng vapours,
ascendyng vp to the head, wherof is ingendred,
duskyng of the eyes, head aches, hotte and thyn-
reumes, after euery littel surfete, and many other
inconueniences. Wherefore besyde the oppynion of
best lerned men, myne own peynful experiance al-
so moueth me, to exhorte them, whiche be of this
complexion, to eschewe moche abstynēce. And
although they be studyous, and vse lyttell exer-
cise, yet in the morynge, to eate somewhat in lit-
tell quantitie, and not to study immediatly, but
fyrst to sytte a whyle, and after to stand or walke
softely, whiche vsyng these two yeres, I and al-
so other, that haue longe known me, haue per-
ceyued in my body a greate alteration, that is to
say, from ylle astate to better. Alway remember,
that if any other humour do abound in the chole-
ryke person, as fleume, or melancoly, than vntill
that humour be expelled, the diete muste be corre-
ctiue of that humour, and therfore more hote and
fine, than the naturall diete before rehersed: but
yet

yet there wolde be alwaye respecte had to the naturall complexion, sometyme sufferryng the person to eate of dynke that, whiche nature working, feruently desireth.

¶ Dyete of fleumatike persones. Cap. 17.

IT is to be remembred, that pure fleume is properly cold and moyste, and lacketh tast. Salte fleume is myxte with choler, and therfore hathe not in hym so moche colde nor humiditie, as pure fleume hath: & therfore it requyret a temperance in thinges hot & dry, wherby fleume is dygested or expulsed. To fleumatike persons al meates ar noyfull, whiche are very cold, viscous or slymy, fat or sone putrified, eating moch and ofteyn, speciallly meates ingendringe fleume, whiche be remembred in the table precedyng. All thynges be good whiche are hotte and drye, also meates and dynkes whiche be sowre: onyons also, and garlyke, moderatelye vsed, be very commendable, in pure fleume not myxte with choler, moche vsyng of salt, speciallly dried. Pepper grosse beaten and eaten with meate, ought to be with all fleumatycke persons famlyar, also gynger is ryghte conuenient, but not to be so frequently vsed as pepper, for as moche as the nature of pepper is, that beinge eaten, it passeth throught the bodye, heatyng and comfortinge the stomake, not entryng into the vaynes, or annoyenge the lyuer, whiche vertue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, specially candyd with

Uii

Sugare

Sugat, if it may be gotten, and also Hyzobalan-
nes, called kebuli, condite in India, be most excel-
lente remedyes agaynst fleume. also the herbes,
which are remembred afoze in the table of digesti-
ues of fleume, and the rootes of persely, fenell, yze-
os, Glycampane, and carettes be very commen-
dable. Exercise twise in the day, the stomake be-
inge almost empty, so that sweate begynne to ap-
pere, is very expedient, clensinge of the body from
al filthynesse, with rubbynge and wypinge, often-
tymes with washinge, specially the head and par-
tis therabout, moderate sweatynge in hot bathes
or stufes be to this complexion necessary, special-
ly whan they haue eaten or drunken excessyuely.
The head and fete to be kept from cold, & to dwel
hygh and far from mores and marshes, is a rule
right necessary. also to absteyne from eatinge her-
bes and rotes not boyled, and generally from all
meates, whiche wyll not be easlyly dygested.

¶ The diuision of melancoly, and the diete of per-
sons melancolike. Cap. 18.

Melancolye is of two sortes, the one is called
naturall, whiche is onelye colde and dye,
the other is callyd aduste or burned. Naturall
melancolye is (as Galene saythe) the resydence or
dregges of the bloud: and therfore is colder and
thycker than the bloude. Melancoly aduste is in
foure kyndes, eyther it is of naturall melancoly
aduste, or of the more pure parte of the bloudde
aduste, or of choler adust, or of salt fleume adust.

But

But of all other that melancoly is warst, whiche
is engendred of choler: fynally all aduste melan-
coly annoyeth the wytte and iudgement of man.
for whan that humour is hotte, it maketh menne
madde, and whan it is extincte, it maketh menne
fooles, forgetfull, and dulle. The natural melan-
coly kepte in his temperance, profyeth moche to
true iugement of the wyt, but yet if it be to thicke,
it darkeneth the spirites, maketh one timorous,
and the wytte dulle. If it be myxte with fleume, it
mortifieth the bloude with to moche cold. Wher-
fore it may not be so littell, that the bloud and spi-
rites in their feruentnes, be as it were vnbridlyd,
wherof do happen vnstablenesse of witte and slip-
per remembraunce: noz yet so moche, that by the
weight therof (for it is heuy, approchynge nyghe
to the erthe) that we seeme to be alwaye in sleape,
and nede a spurre to pycke vs forwarde. Wher-
fore it is ryght expediente, to kepe that humoure
as thyn as nature wyl suffer it, and not to haue
to moche of it. But nowe to the dite pertayning
to them, whom this humor annoyeth. The know-
ledge, that melancoly reyneth, is oftentimes he-
upnesse of mynde, or feare without cause, slepp-
nesse in the members, many crampes without re-
plecion or entynesse, sodayn fury, sodayn incon-
tinencie of the tongue, moche solicitude of lyght
thynges, with palenesse of the vsage, and feare-
full dreames of terrible vsypons, dreameyng of
darkenes, depe pyttes, or deathe of frendes or ac-
queyntance, and of all thinge that is blacke. The

Ex Marti
lio sicino.
de vita san-
cta.

Uis meates

THE THIRDE

meates conuenient are they, whiche be temperate
in heate, but specially they that be moyst: meates
sone digested, and they rather boyled than rosted,
temperately myrte with spices, mylke hott from
the vdder, or late mylked, is very conuenient for
that complexion, swete almondes blaunched, and
almonde mylke, the yelkes of rere egges, and fy-
nally all thynges, whiche engender pure bloude,
and all that is witten in the chapiter of age. All
these be yll for them, wyne thycke or troublouse,
specially redde wyne, meates harde, dry, very salt,
or sowre, bourned meate, fried meate, moche bief,
hares fleshe, beanies, roket, colewoztes, mustard,
cadyfle, garlyke, excepte there be moche wynde
in the body, for than is it very holsome, onyons,
lekes, fynally all thynges, whiche heateth to mo-
che, keleth to moch, or dryeth to moche, also wrath,
feare, compassion, sorow, moche study or care, mo-
che ydelnesse or reste: all thynges that is greuouse
to see, to smell, or to here, but most specially dark-
nesse. Mozeouer moche dryenge of the body, ey-
ther with longe watche, or with moche care and
tossyng of the mynde, or with moche lecherye, or
moche eatyng and drynkyng of thynges that
be hott and drye, or with immoderate euacua-
tion, labour, abstinence, thyrist, going in the aire
untemperately hott, colde, or drye, all these thin-
ges do anoye them that be greued with any me-
lancolye. It is to be diligently consydered, that
where melancolye happeneth of choleric aduste,
there meates, whiche be hott in warkynge,
wold

wolde be wylselye tempered. and dynkyng of
hotte wynes wolde be eschewed: semblable cau-
tele wolde be in sauoures. Not withstandyng
moderate use of small wynes, clere, and well ver-
dured, is herein very commendable, the humour
therby beinge clarified, and the spirites clenched,
but the abuse or excelle therof doth as moche da-
mage. Alsoo it is ryghte expedient, to putte into
wyne or ale, a gadde of syluer or golde, glowinge
hotte oute of the fyre, to temper hotte meates
with roses, Vyolettes, Saunders, Rose water,
bourage, Buglosse, baulme callyd in latyne Me-
lysse, or the water of all thre dynken with good
wyne, whyte, or clarette, or made in a Julep
with sugar, is wonderfull holsome, chelwyng of
lykoyse, or raisons of cozaunce is ryght expedy-
ente: but mooste of all other thynges, mythe,
good compayne, gladnesse, moderate exercyse,
with moderate feedynge. And thus I leaue to
speake of dyetes aptely belongyng to the foure
complexions.

The

THE FOUVRTHE BOKE

Cwhat crudite is, and remedies there-
fore. Capitulo .i.



VVYL SOMEVVHAT wrytte
of two discrasyes of the body, whi-
che doo happen by the excesse or
lacke of thynges callyd not natu-
rall, wherof I haue spoken before.
The one is callyd crudite, þ other
lassitude, whiche althoughe they be wordes made
of latyne, hauynge none apte englyshe worde
therefore, yet by the defynytions and moze am-
ple declaration of them, they shall be vnderstande
luffycyentely, and from hensel for the vsed for
englyssh. But fyse it shall be necessarye, to con-
syder, that concoction is an alteration in the sto-
macke of meates and dynkes, accordyng to
their qualities, wherby they are made lyke to the
substance of the body. Crudite is a vicious con-
coction of thynges receyued, they not beinge hol-
ly or perfitelly altered. The cause therof is, som-
tyme the distemperature of the stomake, somtyme
inflammations, somtyme matter congeled, or im-
postumes in the stomake, otherwhile ingurgita-
tion of meate and dynke: or for the vicious qua-
litie of the same meates or dynkes, or the recep-
tynge therof out of order, or lacke of exercise, or
of conuenient euacuation. Galene sayth, that in
crudite or vicious concoction it must be considred,
as

Concoctio
what it is.

Crudite
what it is.

The cause
of crudite.

Galen de
euuen. sani.
li. 4.

as well if the iuyce be vitterly corrupted, and may not be sufficiently concocte, as also if it be in the way of concoction, for if it be corrupted, it must be expelled by sweate or vryne, if it be halfe concocte, than must suche thynges be mynstred as maye helpe to profite concoction, hauyng regarde to the quality and temperaunce of the iuyce, that is to saye, whether it be thycke or thyune, fleumatyke or cholericke: whyche shall be perceyued by the diet precedyng, and also by other thinges named not natural, for fleumaticke meates eaten in great quantity or often, maketh fleumaticke iuice. Lykewyle dothe lacke of conuenyent exercise, to moche rest or ydelnesse: as cholericke meates and behemēt labours do make colericke iuyce in somer and melancolike iuice in Autume, specially where labours be contynuall or longe duryng. Also where labour is with moch sweate, there is the vynē more grosse: where it is without sweat, there is it thyner. Moreouer the colour and substance of the brine, declareth the temperance of the iuice, whiche shall be hereafter declared in the table of vrynes. Semblably the colour of the body declateth the iuyce that is in it, for beinge whiter than it was wont to be, it sygnifieth aboundaunce of fleume: beinge more pale or yelow, it betokeneth excesse of coler: if it be blacker, it sygnifieth melancolye, if the yll iuyce be moch in quantity and the bloudde lyttell, the yll iuyce wolde be digested and expelled with suche thynges as doo serue for that temperature: but if the bloude be moche,

THE F O U R T H E

and the yll iuyce lytell in quantity, there wold the bayne be opened, and after sufficient bledynge, a conuenient purgation gyuen, hauyng regarde aswel of the quantitie of the iuyce, as of the kinde therof, in case that either for age or for timorousnesse, a man wyll not be lette bloude, than muste he be purged by siege in moxe abundance: But if he in whome is lyttell good bloude, and moche yll iuyce, and feeleth a lassitude or werynesse in all his body, he shulde neither be lette bloude, nor receyue purgation, nor yet labour or walke moche: but abyde in moch quyete, & assay to sleape moche and receyue such meates dynkes and medicines, whiche doth attenuate or make thyngne, cutte, and digest grosse humours without vehement heate, wherof it is witten in the table of digestyues: in the number of whome is oximell, being wel made, or Acetosus symplex, where the iuyce is moche cholelike or melancolike. Semblably capers with oyle and vyneger be praysyd of Galene. Whan there apperith in the bryne a residence light and white, than wyne white or clarette moderately taken helpeþ to concoction, maketh good iuyce, and prouoketh bryne: than increase fricacions and exercise by litel & litel, and than let him retourn to his naturall dyete. In whome is abundaunce of raw iuyce, and outwardly feeleth a lassitude, to them Galene counsayleth, the seconde or thirde daye, to giue Meathe, wherin ISSope is boyled, and afterward to vomite. The meane to escape crudite, is to be diligent in obseruation, of the councells before

Galen lib.
lib. 6.

befoze wrytten, concernyng the thynges called not naturall, not moche vlynge meates that be very harde to concocte, also fatte meate and meates longe kept, also corrupted or stynkyng, swete frutes, and bankettyng dylshes, hasty fedynge without good chewynge, also moche or very ofte dynkyng at meales, very moche heate, or very moche colde after meate.

¶ Furthermore it must be consydered, that all thynges whiche bryngeth griefe to the body, is engendred eyther of to moche abundance of iuyce, or of the vicious quality therof. He that is lycke of abundance, the dyete of hym holy consisteth, in reducinge the iuyce to a conuenient quantytie, He that is greued with the viciouse qualytie of the iuyces, his oder resteth in makyng the iuyces equall in temperature. Moreover where that which passeth out of the body, is lesse than that which is receyued in to the body, there hapneth syckenesse, whiche commeth of abundance. In the whiche case it ought to be diligently foylesene, that there be obserued a conuenient meane of meates and dynkes, in respect of that whiche is expelled out of the body, whiche may be done if the quantity of eche of them be wisely consydered. And where abundance is, there the quantytie or qualytie, or both be tempred. Alway remembere, that of crude iuyce be dyuers kyndes, some be colde and fleumatike, some be hotte and cholerike, other be moze thynne and watry, some of blacke coler or melancholyke. They whiche do abounde in any of them, muste

THE F O U R T H E

Acti^o ser-
mone. 9.Paul. Egi.
lib.2.Galen^o de
menda sa
ti. lib. 5.

absteyue from such meates and dynikes, whiche
do ingender such iuyce as dothe annoye theym:
those meates and dynikes be declared in tables
preceding. Actius also wold, that he shuld drinke
a draughte of cold water, affirmynge, that therby
the stomake being corroborate, drincketh out of him
downe into the bely, that whiche cleaueth fast to it.
I my self vsinge to drinx fasting, very smal bieres
or ale, whan I haue been in that case, haue found
ease by it. Paulus Aegineta wylleth, that at the
begynnyng, the legges and armes shoulde be
rubbed with a course linnen clothe, the legges
downewarde to the fete, the armes to the topes
of the syngers, and whan they be wel chaufed, tha-
to rubbe them agayne with some oyle, that dothe
open the poores, and dysculle the vapours, as
oyle of camomyll, oyle of anete, and other lyke.
he prayseth moche Mulse, or the water of honye,
specially yf some Isole be boyled in it. Galene, &
all other, do agre, that in this case Pepper bry-
sed and eaten with meate, is very expedient: And
where there is moche wynde in the stomake, than
to eate all tymes of the day of the medycynne made
of the thre kindes of pepper, tyme, anysse sede, and
hony clarified, whiche is called Diatrion pipere-
on, or that whiche is called Diaspoliticon, or Di-
apiganon, whiche is made of cummyne, sticped
one daye and a nyght, or lenger in tarte vyneger
and after fryed or layde on a burninge hot stone,
and made in powlder, also pepper, and rewe dryed
somewhat, and made into powlder, all in equall

portion, and myxt with clarifted hony. Galene addeth thereto salte peter, called in latyn Nitrum. The confection made with the iuyce of quynces, and is called Diacytoniten, is very excellent, but it is to be diligently noted, that where crudite is in a cholerike personne, there wolde the sayde medicines be temperatly vled, and the sayde Diacytoniten, to haue lyttell or no splices in it. And for my parte, beinge of a cholerike humour myxte with fleume, many yeres continually in crudite, I haue found any thinge better than fyne Reubarbe, chewed with raysons of cozens, whiche I toke by the counsayle of the worshypfull and well lerned phisition, maister Doctour Augustine, who in his maners declareth the gentylnesse of his auncient bloudde, whyche medicyne I do not leaue to vse dayly fastynge, whan I fele suche crudite to begynne. Also syrope acetose, that is to say, sugar sodden in pure vyneger, and lyttell water, vntyll it be thycke as a syrope, is sometyme conuenient, and that as well to cholertyke personnes, as vnto fleumatycke: and yf fleume be abou- dant, than with rootes and sedes of fenelle and persely sodden with it. Also in that case Orymel, that is to saye, hony and water sodden togyther, with the sayde rootes and sedes, and a quantite of vyneger put thereto in the boylinge, is very commendable, yf the pacient be very costiue, than the medicin of Galene, called Hierapiera, frome a halfe an ounce to an ounce, taken in water of hon- ny or ale, or taken in pylles the weyght of a grote

THE F O U R T H E

and a halfe, or two grotes, yf the stuffe be good, wyll purge the bodye sufficently, without makinge the bodye weaker. Also that medicyne by clensinge the stomake and body, deliuereth a man and woman, frome many peryllous syckenesses. If the humours in the stomake be not putrifield, but that it is greued with aboundaunce of salte fleume, I haue founde that mylke newe mylked, wherin is put a quantitie of good hony or suger, and thzee leaues of good speare myntes, and a lyttell boyled, so beyng drunke warme fastynge, the quantitie of a pynte, and restyng on it, without eatynge or drinkyng any other thyng the space of thre houres after, haue abundantly purged and comforted the stomake, but where there is no fleume, but only choler, it is not so holsome, but rather hurteth, making fumolities in the hed, wherof commeth head ache.

¶ Of destillations called commonly Rewmes, and of
some remedies agaynst them ryght
necessarry. Cap. 2.

FOR as moche as at this present tyme in this realme of England, there is not any one moxe annoyaunce to the helth of mans body, than destillations from the head called rewmes, I wyll not let to write somewhat of them, whereby men may take benefite, if they wyll: although some phisitions, more consydering their market than their dutye to God and their countrey, wyll be neuer so inoch offended with myne honest enterprize.

Destillati-

¶ Destyllation is a droppynge downe of a lyquide mater out of the head, and fallynge eyther in to the mouth, or in to the nosehilles, or in to the eyes, and sometime into the chekes and eares, that whiche falleth in to the mouthe, is receyued of the throte in to that parte whiche is the instrument of the voice, which at the first maketh hoarsesse, and in processe of tyme maketh the voice littell, and breneth to be harde. And if the reume be sharpe, it rasith the inner skyn of the throte, and sometime it doth exulcerate the lunges. If it doth fall into the stomake, the rewme beinge colde, it altereth the body in to a cold distemperance, if it be hot it maketh a hot distemperature, and dothe sometyme exulcerate in processe of tyme: And at the begynnyng abateth appetite, and maketh seble concoction. The cold reume, maketh concoction slowe, and also crudytie, and ingendreth slowe fumes in the mouthe. If it be corrupted, it tourneth also nourishment vnto corruption, whiche maketh vpholdinges fumishe or sharp, or of som pl qualite, whiche can not be expressed. If the mater do discende lower, it tormenteth the guttes called *Leiunum*, and *colon*, and toucheth other vesseles, from whence procedeth digestion. In this discracy two thynges are to be prouyded for, fyrlt to lete that the reume do not destyll in to the sayde places, or if it hath done, that it be shortly expelled from thense. Fyrlt to lete that it shall not destyll, it shal be necessary to eate some meate the soner in the morning, if there hath not preceded replecion.

yherz

THE F O U R T H E

Where the temperature of all the body is colerike, and the stomake is weake, the stomake wold be made stronge with suchethynge as of theyr property do comfort the stomake: for seene that they be moderately cold and moist: And that whiche is all redy fallen into the stomake, must be expelled with vomyt or siege, prouoked with worme wode stepid all one day and a nyght in a lytell small white wyne, or small ale and stale, whiche hath vertue onely to wype away the filthe from the stomake, but if it be souked depe in to the filth of the stomake, than is it better to take the medycyne called Hierapicra, either in poulder with drunk warmyd, or els in pylles, to the number of fyue or mo in the mornynge. vi. houres before any other meate or drinke taken: afterwarde to nyght the mouthe of the stomacke with oyle of Mastylke or Hardinum temperately warme. Alway if a hotte rewme do fall in to a hotte stomake, than meates and dynkes whiche be colde in vertue wold only be vsed. where the stomacke is distempred with heat, and the reume destilleth into a cold, hered there is the dyscracy harde to be cured: And they which be so affecte, or diseased, must take suchethynge as may dissolue the fleume and cleane the stomak without heatinge therof, of the whiche vertue we knowe oxyuell to be of.

If the stomake and head be bothe distempred with cold, than must be vsed meates drynkes and oyntmentes, whiche onely be hotte, and utterly to forbeare all that is colde.

By

By these destillatiōs or reuines hapneth many other greuouse diseases, besydes those wherof I haue spoke, as in the hed whyzlinges, called in latyn Vertigines, sodayne soundynges, fallynge sycnelle, polis, stynkyng of the nose, callyd Polypus, sozes in the mouthe, tothe ache, pyune and webe in the eyes, dulnesse of heringe, quynces, frettinge of the bowelles with flixes, shorntesse of brethe, griefe in the harte, palseyes, ache in the muscules and ioyntes, wherfore it is not to be neglected. And I doo moche meruayle, that our phisitions do not moze studyously prouyde therfore reme-
dies. I my selfe was by the space of fourre yeres continually in this discrasy, and was counsayled by dyuers phisitions, to kepe my hed warme, and to use Diatrion piperion, & such other hot thinges as I haue rehersed, at the last felynge my selfe very feble, and lackinge appetite and slepe, as I hap-
ned to reade the boke of Galene De temperamentis, whiche treatith De inæquali temperaturā, and after-
warde the. vi. boke, De iuenda sanitate, I perceyued that I had ben longe in an errour. wherfore first I dyd thowe away my quylted cappe, and my o-
ther close bonettes, and onely dyd lye in a thynne coyfe, whiche I haue euer sens vsed both wynter and somer, and ware a light bonet of veluet only, than made I orymel after the doctrine of Galen, sauyng that I boyled in the byneger rootes of persely and fenell, with endyue, cichory and, betayne, and after that I hadde taken it thre dayes continually, euery day thre sponesful in the mor-
nyng

THE F O U R T H E

nyng warme: than toke I of the same oxyuell,
wherin I had infused or steepid one dramme of
Agaryke, and halfe a dramme of fyne Reubarbe,
the space of. iii. dayes and. iii. nyghtes, whiche I
receyued in the morynge, eatynge noo meate
vi. houres after, and that but a lytell brothe of a
boyled henne, wherof ensuyd. viii. soles abun-
dant of choler and fleume: soone after I slepte
soundly, and had good appetite to eate, after sup-
per I wolde eyther eate a fewe colyander sedes
prepared or swalowe downe a litel fyne mastyr, I
forbeare wyne, and dranke only ale, and that but
lytell and stale, and also warmed. And sometyme
in the morynge woulde take a perfume of Storax
calamia, and now and than I wolde put in to my
nosehilles eyther a leafe of grene laurell or be-
taine, or water of maiozaine bruised, which caused
the humour to distill by my nosehilles. And if
I lacked storax, I toke for a perfume the ryndes
of olde rosemary and burned them, and held my
mouth ouer the fume closynge myne eyes, after-
warde to comfort my stomake and make it strong
sometyme I wold eate with my meat a litel white
pepper grosse bryued, sometyme Galens electua-
ry made of the iuice of quinces, called Diacytonites,
sometyme marmalade of quynces, or a quynce ro-
sted. And by this diete I thanke almighty god
vnto whome onely be gyuen all gloriy, I was re-
duced to a better state in my stomacke and head,
than I was. xvi. yeres before, as it maye appere
vnto them, whiche haue longe knowen me. And this

this haue I not written for bayngloze or of p̄ce-
sumption, but to the intent that they whiche haue
their bodies in lyke temperature as myne was,
that is to saye, beyuge choleryke of complexion,
and hauyng reumes fallynge out of a hote head,
may if they liste assay myne experiance, or in the
steede of my sayd infusion, take Hierapicra, with ale
or water to purge them, wherof shall not ensue so
muche perile, as of corrupted siropes, & other con-
fectiones called Magistrales, made with olde rotten
drugges, though the phisitions be neuer so well
lerned. In bodyes of other temperature, I wold
not that myne experiance shulde be practised but
with discretion, tempyng the medicyne, as the
qualties of the stomake and head do requyre, re-
membringe alway, that hote reumes by thyn and
subtell, colde reumes be for the moxe parte thicke.
Also that they whiche be thyn wold be made thicke,
that they perce not to fast. And that they whiche
be thycke, wolde be made thyinne that they maye
the sooner be purged, by what tokenes one maye
knowe whether the stomake and head be hote or
cold. Finally this dare I affirme, that the reumes
which of late time haue ben moxe frequent in this
realm, than they were wont to be, xl. yeres passed,
haue hapned of none occasion moxe than of ban-
kettinges after souper & drinking moch, specially
wyne a lyttell afore slepe. An other thinge is the
kepyng the head to hote or to long couered wher-
by the brayne whiche is naturally cold is distem-
ped with hote vapours ascendynge from the sto-

THE F O V R T H E

make those same vapours beinge lette to euap-
rate or passe forth out of the head, and therfore be
concrete or gathered into humour superfluouse,
whiche stilleth downe eftstones out of the head in
to the places before rehersed. Yet now a dayes if a
boye of. vii. yeres age, or a yonge man of. xx. yeres
haue not two cappes on his hed, he and his fren-
des wil thynke that he may not continue in helth.
And yet if the inner cappe be not of veluet or satyn,
a seruinge man feareth to lose his credence. A
personne vicare or parishe preste, by blyng their
veluet cappes embowdred with laces, do make
some men thynke that they be ashamyd of theyz
crounes that reuerend tokē of the order of preest-
hode, the whiche notable abuse, I moch meruayle
that the byshoppes wyl suffer, specially they whi-
che haue hadde leasour to reade the warkes of
saynt Cypriane, saynt Hierome, Chisostomus,
saynt Ambroze, & sundry decrees made by the olde
fathers, cōcerninge the honest vesture of preestes,
whiche althoughe it seeme a lyght matter to some
men, yet it augmenteth or minisheth not a lytel in
preestes, the estimation of their conditions. Salo-
mon confirming the same, saying. The garnet, þ
gate, and lawghter of a man declarith what he is,
but this mater wil I leue to a nother place where
I intend to speake more abundantly of it, if it be
not the sooner amended. Nowe to conclude, as
longe as the sayde occasions continue, so longe
men shall not be without reumes, although they
were all perfite phisitions.

Nowe

CNow to retourne to the remedies agaynst the
 sayde anoyaunce wherof hapneth so many great
 sycknesses, I wyll be bolde to write a lytell out of
 the warkes of the moste famouse and expert phisi-
 cions. Fyrst the cause of the reume must be di-
 gested, after expulshed, thirldy diuerted, that is to
 say, tourned from the eyen or throte, into the nose
 from whence it may be moze easily purged, fourth-
 ly it may be stopped, that it shall not destyll. In
 hote distillations the head is very hot in feling,
 the reume being in the mouth is thyn and warme,
 the tongue or chekes within blistered, the face som-
 tymie redder than it is accustomed to be, somtyme
 a burninge within the nose. To them whiche haue
 this hote reume, may be gyuen the sede of white
 poppy. Diacion made of the hedes of white popy
 and rayne water. Amylam with mylke, if there be
 no feuer, penidees, malowes, orage, gourdes, and
 spinage, boyled and eaten with oyle of almondes,
 strope of violettes, nemiphar or the wine of swete
 pomegarnates, the waters of a great Cucumber,
 boyled with a lyttell sugar, beinge drunke, dothe
 mitigate coler, stoppeth the reume, and easily lou-
 sith the bely, the sedes of melons brayed in a mo-
 ter with water, and strained with softe breade ha-
 uynge sugar put to it, maketh an excellent good
 meate agaynst the hot reumes, playsters made of
 barly bruyled, violettes, popy, and camomyl boy-
 led in water, wherin spounes or linen clothes be
 inge dept, shulde be layd on y hed, & the genitores
 or legges therwith washed. If the sick man can not

Sleape, than the sayde pottes with the bealy and
 fundement shall be noynted with the oyles of
 violets and *Nemiphar*, the sauour of Camphar
 in rosewater with vvollettes is good in that case.
 Galen exhorteth and I haue proued, that in a ve-
 ry hote reume whiche hath stilled faste, the pow-
 ryng of cold water in vpon ones head hath stin-
 ted the reume. He that is therin diseased must ex-
 chewe goinge in the sonne, or to come nigh a gret
 fyze, or to stande or be longe couered, or to were
 moche on his hed, he must rest moch and prouoke
 him selfe to slepe a nyght, but not very longe and
 to lye on the one syde on a harde bedde, hauyng
 his head hygh, also rubbyng of his legges be-
 fore meale is very holsome. Cold reumes be per-
 ceyued by coldnesse of the humour and head with
 palenesse of the vysage, all colde thynges increa-
 singe the rewme. These thinges are good agenist
 it, the decoction of cicer with honye and raysons,
 fylberd nuttes tosted eaten after meales, nothing
 is moze holsome than abstinence, specially in the
 eueninge, they whiche haue it must beware of
 Northern windes, the moneshine by nyght, was-
 hinge in cold water, and to be long barchedded.
 The sedes of *Nigella* a lyttell tosted and putte in
 to a pyece of thynne sarcenet and sinned vnto,
 stoppeth the reumes.

Ceesyng in the begynnyng of the reume is
 dispraised of Galen, but after that the matter is
 dygested it is very holsome that maye be made
 with leaues of laurel or betayne put into the nose
 chilles

thylls, the iuyce of colewoztes, the cootes of red beetes, water of Maizamie. A p[re]ety medycine for that purpose proued. The iuyce of yong betes and Maizamie of eueriche one ounce, good whit wyne. iiiii. ounces, saffrone the weight of ii. pence, that beinge hette and taken in the mouth, shalbe drawen vp with bret[he] to the place wherby the distillation falleth out of the nose in to the mouthe. And if the reume do destill in to the cheekes and teeth, I haue proued that the iuice of ground iuy, and that herbe whiche we call Mouse eare, taken within a quyll in to the nosethylls, oftentymes purgeth excedingely the reume and taketh away the ache of the teethe.

Gargarising if it be not discretly vsed, may do moze harme than good, brynging downe moche abundance of mater vndigested, but taken in oder with water hony and pepper, or with Islope and fygges boyled in white wyne, and taken very hote in a gargarise is right conuenient.

Cox compassion whiche I haue of them that be vexed with toothe ache caused of reumes, I wyll by the leaue of phisitions conclude this chapiter with an excellēt medicine against the said passion, whiche is witten of an honorabile phisition of late yeres, whitch medicine also maketh teethe fast whiche be louse, and also stoppeth the superflouise bledinge of goumes, wherwith the bret[he] is made unsaueri: Take the rindes of Caper rotes, þ rotes of brembles whiche do beare blacke beryes, the floures

THE F O U R T H E

cloures of pomegranates callyd Balauchia, of euery of theym, the weyght of .ii. ducates, pelytox of Spayn one ducate, sede of white henbane, the rindes of mandrage of euery of the one ducate and a half, spourge of the garden one handful, alum of the roke, .ii. ducates, boyle all this in whit wine or clarette, which is very rowgh in tast, & strayne it therwith, let the pacient oftentimes washe his mouthe. Albeit I will counsayle them which will take this medicin or any other, kyngste to pouuge þ cause of þ reume as before is rehersed, or in any otherwyse, as they shal be counsayled by well learned and discrete phisitours.

¶ Of Lassitude. Cap 3.

Actio. li. 3. Galen de
tuenda sa
ri. lib. 5. **L**assitude is a disposition toward syckenesse, wherin a man feleth a soorenesse, a swellinge or an inflammation. Soorenesse hapneth of humours sharpe and gnawing, as after great exercise and labours, whiche lassitude happeneth to them, whose bodies are full of yll iuyce and excrementes. Also after crudite in them, which are not exercised, or doo abyde longe in the heate of the sonne. It may also be in the body, wherin is good iuyce, if he be fatigate with immoderate exercise. In them, whiche do fele this lassitude, the skynne appereth thicke and rough, & there is felt a grefe somtyme in the skynne onely, somtyme also in the fleshe, as it were of a soore. The cure therof, is by moche and pleasant rubbinge, with sweete oyles, whiche haue not the vertue to restrayne or close

close, and that with many handes, and afterward to exercise moderately, and to be bayned in water swete and temperate in heate. also than muste be gyuen meates of good iuyce, potage but selde, wyne is not to be forboden. for vnto wyne vnethe any thyng may be compared, that so well dygesteth crude humours. it also prouoketh sweatte & brine, and maketh one to slepe soundly. but if this lassitude do abyde the nyght and day folowinge, or wareth more and more, than if the paciente be of good strength and yonge, and hath abundance of bloude, let hym be let bloud, or prouoke the hemoroides or piles to blede, if they do appere. But yf it procede of the malyce of any humour, without abundance of bloud, than resort to purgatiōs apte for the humour that greeueth. The tokens wherof, shall appere as well by the colour of the skynne and diete p̄cedyng, as by brine, ordure, sweatte, thirste, and appetite, as it is reherſed before in the complexions. If the yll bloudde be lytell in quantitie, and the crude humours abundant, than shal he not be let bloud, nor behemently purged, neyther shall exercyse or moue hym self, nor be bayned. for all exercise carieth humors throughout al the body, and stoppith the powers. Wherfore these maner of persons shulde be kept in rest, and such meates dynkes and medicines shuld be gyuen to them, whiche shulde attenuate or dissolve the grossenes of the humors, without notable heate, as oxymell, barley water, & mulse, if the pacient abhorre not hony. And for as moch

as in the sayde personnes, commonly there is a
bundance of wynde about their stomaches. ther-
fore pepper, spacyallye longe pepper, or whyte, is
very conuenient to be vse, and the medicine be-
fore wryten, called Diaspolitum. Whan the humors
are dissolued, thā is it good to drynke white wine,
or small clarette wyne moderately.

¶ Lassitude extensiue. Cap. 4.

VWhan one thynketh that he doth fele a swel-
lynge or bollynge of the bodye, wher in dede
there dothe not appere in syght or touchynge any
swellynge, that is callyd Lassitude extensiue, if it
happeth without exercise or vehement mouynge.
This doth happen of excessiue multitude of hu-
mors, which do extende the muscules or syllettes.
In this no sozenes is felt, but onely an heynnesse
with extention or thrustinge out of the body. And
bycause that there is abundance of bloude in the
body, best remedy is to be letten bloude about the
elbowe or ancle, after to be purged, than to vse
softe fricasyes with oyles afoore rehersed; after-
ward moche rest and temperate bathes, and mea-
tes lacking sharpnes, and being abstensiue.

¶ Lassitude with the feelynge of inflam-
mation. Capitulo. 5.

If without any mouynge, the muscules and
fleshe rise vp in the bodye, as it swelled, with
great peynes and exceedinge heate, than sone after
foloweth most hottest feuers, except it be preuen-
ted

ted by letting of blud, and that in abundance, and almost to sowninge, but it were moze sure to be let bloud twyse in one daye, the firste tyme withoute sownyng, at the next tyme sownyng is not to be fered. If the grefe be in the neck or hed, the bloud must be lette of the bayne called Cephalea, or the shulder beyne. If it be in the bulke or uppermost part of the body, than must the beyne be cut, whiche is calyd Basilica, or the innermost beyne. If all the body be greued, thā cut the beyn, whiche is named Mediana, or the myddel beyn. If a feuer remayne after bloud letting, than order him with the diete of them that haue feuers, whiche ye shall fynde witten hereafter. If noo feuer remayne, than vse moderate fricasies, and lyttell eatyng, & that of meates hauyng good iuyce, increacyng by lyttell and lyttell to the naturall diete,

¶ Diete of them that are redy to falle into syckenesse. Capitulo. 6.

Nowe retourne aftelones to speake of diete, it is to be remembred, that they, whiche are redy to fall into diseases, they are prepared therunto, either by repletion of superfluous humors, or by crudite or malyce of humours, whiche ar in them. As touchyng the fyſt, the generall diete must be ſuche, as therby the humours may be attenuate, and by conuenient euacuation, brought to a moderate quantitie. As for the ſeconde muſte be corrected with meates and drinkeſ of contrary qualities, hauinge alway respecte to the age of

THE F O V R T H E

the person, tyme of the yere, place of habitation, and most spccyally the vniuersall complexion. for choler offendyng in an olde manne, in wynter tyme, in a colde countreye, or the persone beinge of his naturall complexion fleumatike or melancholy, wolde not be so habudantly expulsed or subdewed, as if it be in one yong and lusty, in the hot sommer, in the countreyes, where the sonne feruently burneth, or the persone of his proper nature is verye colerike. And in lykewise contrarye. wherfore euery manne, knowynge his owne naturall complexion, with the qualite of the humour that offendeth, lette hym make temperance his chiefe coke, and remembryng that whiche I haue before declared, ordayne to hym selfe suche diete, as may refourme the offence with none or lyttell annoyance, to his vniuersal complexion. And yf he can so do, he shal happily escape, not only diuers sykenesses, but also the most pernicious danger, proceeding of corrupted drouges or splices, wherof som couetous poticaries do make medicines, man gre the hedes of good and well lerned phisitions.

Sickenes moste commune to particular tymes
of the yere and ages. Cap. 7.

Althoughe I do not intende to wryte of the
cure of egritudes or sykenesses confymed,
as well bycause it moughte be reputed in me a
great presumption, as also forasmuche as it were
very perillous, to dyuulgate that noble scyence,
to commune people, not lerned in lyberall sci-
ences

ces and philosophy, which be requyzed to be suffi-
ciently in a phisition. And mozeouer, many bokes
of Hipocrates and Galene ought to be radde, be-
fore that one do take vpon hym the generall cure
of mennes bodies: yet not withstandinge, I trust
I maye without any note of arrogauice wryte,
what diseases do most commonly happen in sun-
dry tymes of the yere and ages of men and wo-
men, with some significations, wherby the dys-
crasy or distemperature of the body is perceyued,
to the intent that the phisition beinge fatte of, may
be treuly informed, consideryng that brines farre
caried, do often deceyue them, and lykewile lack
of the syght of the paciet, and inquisition of thin-
ges, whiche do precede or folow the sycknes. And
with this I trust none honest and charitable phis-
ition wylle be offended, but rather gyue to me
thankes for my diligence, in the aduauncinge of
their estimation, whiche by lacke of perfytte in-
struction hath ben appaired.

¶ Syckenesses of Springe tyme.

¶ Diseases procedyng of melancolye, as mad-
nesse, fallynge syckenesse, bleedynge, quynces,
poses, hoolesenes, coughes, lepries, scabbes, ache
in the ioyntes.

¶ Syckenesses of Sommer.

¶ Many of the sayde diseases, also feuers con-
tinual, hot feuers, feuers tertiane, quartains, bo-
mytes, flyres, wattringe of eyes, peynes of the ea-
res, blisters & sores of the mouth & sweattinges.

THE F O U R T H E

¶ Syckenesses of Autumne.

¶ Dyuers of somer syckenesses, also oppilations of the spleene, drossies, consumptions, strangulynge, costiuenesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowelles, fallyng sycknes, and melancolyke diseases.

¶ Syckenesses of wynter.

Stytches and grefes in the sides, inflamation of the lunges, reumes, coughes, peynes in the brest, sydes, and loynes, head ache, and palseyes.

¶ Syckenesses happenyng to children.

¶ Whan they be newe borne, there do happen to them sores of the mouth called Aphte, vomityng, coughes, watchinge, fearefulnesse, inflamations of the nauell, moysture of the eares.

¶ Whan they bzedde tethe, ytchinge of the gummes, feuers, crampes, and laskes.

¶ Whan they ware elder, than be they greued with kernelles, opennesse of the mould of y head, shortnesse of wynde, the stone of the bladder, waines of the bealy, waters, swellynges vnder the chynne, and in Englande comonly purpys, measels, and small pockes.

¶ Syckenesse happeninge to yonge men

from, xiiii. yeres of age

¶ Feuers cotidiane, terciane, quarteyne, hotte feuers, spittyng or vomytinge of bloude, pleuries, diseases of the sydes, inflamation of the lunges, lethargies, fransy, hote syckenesses, cholericke passions, costiuenes or vehement laskes.

Sycke-

¶ Syckenesses of age.

Difficultie of b̄eth, reuines with coughes, strangulyon, and difficultie in pyssyng, ache in the ioyntes, diseases of the raynes, swymmynges in the head, palseyes, ytchyng of all the bodye, lacke of slepe, moysture in the eyes and eares, dulnesse of syght, hardnesse of hearyng, tiskenesse or shorthenesse of b̄eth.

Although many of the said syckenesses do happen in every tyme and age: yet because they be most frequent in the sayde tymes & ages. I haue writte them to thintē, & in the ages & tymes most inclyned vnto the, such thinges mought be thā eschewed, which are apt to ingēre þ̄ sayd dyscaſes.

¶ The generall significations and tokenes
of syckenes. Cap. 8.

If the body be hotter, colder, moyster, dryer, leaner, fuller, the colour more pale, or swart, the eyes more holowe, than is accustomed to be, it signifieth that the body is disposed to sicknes, or alredy sickē.

Rauynge.

forgetfulnesse.

Fantasye.

Humours commynge frome þ̄ rouse of the mouthe, the eyes, the nose, or the eares.

Watche.

Slepe,

The brayn sick.

Difſ-

THE F O V R T H E

The harte sycke.	Difficultie of breathe.
	Tremblyng of the hert.
	Beatyng of the pulse.
	Feuers.
	Colde.
	Diversitie of colours.
The lyuer sycke.	Griefe about the hart.
	Lacke or abounding of humours.
	The forme of þ body altered.
	Palenesse.
	Concoction.
	Digestion.
The stomake sick.	Alteration of excrementes accustomed.
	Peyne in the place of þ lyuer.
	Swellynge.
	Difficultie of breth.
	Concoction, slow or quicke.
	Appetite of moist or dry, dul or quicke.
	Separation of excrementes moist or hard with their colours.
	Verynge. Belkyng.
	Vometyng with peyne and difficultie of breth.
	Urine moch or litel with the colour and substance, to red or to pale, to thick or to thin.
	Diffi-

Difficultie of b;eath.

The b;rest.

Colwge.

Spytinge,

Peyne in the b;rest.

Chis haue I written, not to gyue iudgement therby, but onely for the pacient to haue in a redynesse, to thintent that what so euer he feleth or perceyveth in euery of the sayde thynges, therof to instructe his phisition, wherunto he maye adapt his counsayle and remedies.

¶ Of vrines. Cap. 9.

Frasmoch as now a dayes the most common iudgement in syckenesse is by vrynes, whiche beyng farre caried or moche meued, or standinge longe after that it is made, the fourme therof is so altered, that the phisition shal not perfyctly perceyue the natural colour, nor contentes, although it be neuer so well chauked at the fyze, as Actuarius and other great lerned men do affirme. I wil therfore somewhat speake of vrynes, not so moche as a phisition knoweth, but as moche as is necessary to euery man, for to perceyue the place and cause of his griefe, wherby he maye the better instructe the Phisition.

Clyst in vryne, foure thinges are to be considered, that is to saye, the substaunce, the colour, the regions or partes of the vryne, and the contentes or thynges therin conteyned.

CAlso forasmoch as in the body of man be foure

THE F O U R T H E

qualities, heate, colde, moysture, and dryth, two of them, heate and cold, are causes of the colour, dryth and moysture are causes of the substance.

CMozeouer in vrine, being in a vessell apt ther unto to be sene, are thre regiōs. The lowest regiō in the bottome of the brynall, conteynynge the space of two syngers or lyttell more. The myddel region, from whence the lowest ended, unto the cerkle. The hyghest region is the cerkle.

CThe hyghnesse of the colour signifieth heate: the pale, blacke or grene, signifieth colde.

CAlso the grossenes or thickenesse of the vryne sygnysyeth moysture, the clerenes or thynnes, signifieth drythe.

¶ The colours of vries.

CColour of bryght golde. **C**Colour of gylte. **P**erfyte digestion.

Red as a red apple or chery.

Vase redde, lyke to bole ar-
menake, or saffron dry.

Redde glowynge lyke fyze.

Excesse of
dygestion.

Colour of a beastes lyuer.

Colour of darke red wine.
Grene lyke to colewoxtes.

Adustion of
humours.

Leaddy colour.
Blacke as ynke.
Blacke as horne.

Feblenes or mortification of
nature, excepte it be in pur-
ginge of melancoly.

white

Wohyte clere as water.
 Gray as a hoyn.
 Wohyte as whay.
 Colour of a camels heare.

}{ Lacke of di-
 gestion.

Pale lyke to brothe
 of fleshe sodden.

}{ The begynnyng
 of digestion.

Citrine colour or yelowe,
 Subcitrine or paler.

}{ The myddell of
 digestion.

Wohyte and thyinne betokeneth melancolye to
 haue dominion.

Wohyte and thycke, signifieth fleuine.

Redde and thycke betokeneth sanguine.

Redde and thyinne betokeneth the choler to haue
 the souerayntie.

¶ The substance of the vrine. Cap. 10.

AT the fyrist pissinge, all vrines well nigh do
 appere thyn, as longe as they abide warine.
 for natural heate, during the tyme that it preuay-
 leth, suffreth not that the lycour, which is the sub-
 stance of the vrine, to congele or be thycke for any
 occasion: but after that heate is gone, some vry-
 nes shortly, some a longer time after, ware thick,
 Lykewile somtyme, some ar pissed thicker, and af-
 ter ware clere, some remayne styll as they were
 made, some be metely thycke, as they were trou-
 bled, some very thick and grosse. They that ware
 clere, sone do gather that, which is thycke into the
 botome of the vrinal: some remayn troubled, the
 grossenes not withstandinge gathered in the bot-
 a ii tome

tome. Semblably the diuersitie of thyn or subtyl
brines, must be perceyued, that is to say, that som
are very subtyll as water, some lasse subtyll, some
in a meane betwene thicke and thinne.

COf thynges conteyned in the brine, some doo
discende downe to the bottome, and be called in a
greke worde Hypostasis, in englyshe some calle it
the groundes, some the resydence, whiche if it be
whyte, lyght, risyng vp from the bottome of the
brinall, lyke a peare, it sygnifieth helth, if it be of
any other sygure or colour, it betokeneth some a-
noyance. If lyke thynges be sene in the myddell
of the bryuall, they be called sublations, yf they
approche vnto the hyghest region of the bryne,
they be named cloudes, in latin Nebule. The grou-
des or residences not perfite, some is lyke lyttelle
redder betches, and is callyd in latyn Orobea, some
is lyke to branne of wheat grounde, and seuered
from the meale, and is called branny residence, in
latyn Furturea, some be lyke vnto plates, hauynge
bredth and length without thycknes, and may be
named platy resydence, in latyne Laminea, some is
lyke to meale, wheate, or barley, and may be na-
med mealy residence, in latyn Similacea.

CThere is also seene in the bryne lyke to whyte
heares, some lengar, some shoter. somtyme like to
ragges somwhat red. there is also sene in the up-
permoste parte of the brine, sometyme a some or
froth, somtyme belles or bobles. sometyme there
swymmeth in the brine a thinge like a copwebbe,
otherwhile ther is about the cerkle, as it were the

rentynge of clothe, somtyme there is in the brine lyke motes of the sonne, somtyme lyke the matter of a soze, otherwhile lyke the sede of a man. also grauelle or sande. And in these thynges maye be dyuers colours, some whyte, some red, some betwene bothe, some yelow, some graye, and some blacke. All this muste be diligently marked, and therof seperatly to aduertise the Phisition, vnto whome I referre the iudgement of the syckenese, for the cause afore rehersed, and for as moche as the iudgement of them is very subtyll.

CEmblably of ordure, whynther it be very thin or very thicke: what other matter yssueth out with it, what colour it is of, the sauour very great, lytell or none, if it were easly expulshed, or peynefull, how oft or how seldome.

CMoreouer of sweat, what colour it is of, and of what sauour, is in tastinge it be salt, sowre, bitter, or vnsauery.

CAlso the vomyte, yf it be of one colour or many, if it doo smell horribly, of what humoure it had most aboundaunce, yf it were fastinge, or after meales, if it were peynefull or easly.

CLykewise spettel, whether it be thycke or thin, or myxt with bloude, or matter corrupt accordynghly of the humour issuyng out at the nose, and if that be bloude, than whynther it be red, wattere, or blacke.

CMoreouer, it maye not be forgotten, to aduertise the Phisition of the diete vsed by the pacient, aswell afore the syckenesse, as in the tyme of the

THE F O U R T H E

lyckenesse, his age, the strength of his body, his exercyse, and place, where he lengest abode in his youth, whether it were hye or lowe, watry or dry, hotte or colde.

Chise I trust shall be sufficient, to instructe a phisition: he that desyreteth to know moze particulerly hereof, let him rede the bokes of Hipocrates Galene, Cornelius Cellus, Actuarius, Paulus, and dyuers other late wryters, for this lyttell treyse maye not receyue it.

The preceptes of the auncient phisition Diocles
vnto kynge Antigonus. Cap. II.

Vve wyll nowe diuide the body of man in to
fourre partes, the head, the boulke, called in
latyn thorax, whiche conteyneth the brest, the sides,
the stomake, and entrayles. The bely, called in la-
tyn venter, conteyneth the panche and the bowels.
Also the bladder, called in latyn vesica, in the whi-
che name is also conteyned the cundytes, by the
which vrine passeth. Whan any dysease appro-
cheth to the head, these tokenes do commonly pre-
cede, swymmyng in the head, head ache, heuines
of the browes, soundyng in the eares, pryckyn-
ges in the temples, the eyes in the moynynge do
water, or ware dymme, the smellyng is dulle, þ
guinnes do swelle. Whan thou felest suche to-
kenes, forthwith purge the head with somewhat,
not with vehement medicines, but takinge Isole
or Organum, and the croppes of them boyle with
whyte or claret wryne halfe a pynte, and therwith
gar-

gargarise your mouth fastinge, bntyll the fleume
be purged oute of youre head, this is the easiest
medcine in discrasies of the head. It is also very
holsome to gargarise the mouthe and brest with
hony water, wherinto mustarde is put and myn-
gled, but firste the head must be rubbed with a
warine clothe, that the fleume maye easlyly come
out of the head. And if these tokens be neglected,
these maner of syckenesses do folowe sone after,
bleared eyes, & humour lettynge y light, cleftes in
the eares, swellinges in the neck ful of matter, cal-
led the kinges euyll, corruptiō of the brain, poses,
or reuines, heuynes of the hed, and tooth ache.

Cwhan the bulke is lyke to suffer any syckenes,
it is perceyued by these tokens, all the body is in
a sweatte, the bulke most specially, the tunge wa-
xeth thycke, the spettyll is eyther salt or bytter, or
choleryke, the sydes and shoulders do ake with-
out any occasion, the pacient gapeth ofte, also
there dothe happen moche wakynge, suffocati-
ons or lacke of b̄eth, thirste after slepe, the mynd
is vexed with heuynesse, also the b̄est and armes
are verye colde, and the handes doo tremble.
Agaynst these thynges this remedy maye be pro-
uyded. After a moderate soupper, assaye to vo-
mite withoute any medicyne: vomite is also pro-
fyttable, whiche meate dothe folowe: He that in-
suche wyse will vomite, let hym eate hastlyly small
radysche rootes, towkerlis, rokatte, synuy, or
purlane, and dynke after it a greate quantitie
of warine water, and prouoke hym selfe to vo-
myte,

THE F O U R T H E

myte. He that setteth lyttell by the sayde tokens, lette hym feare these syckenesses folowynge, the pleurcie, the sickenes of the lunges, melancolye or madnes, sharpe feuers, the transye, the letargie, inflammation with yexinge.

If any syckenesse be towarde the bealye, they maye be espied by these tokens, the bealy is fyoste wrapped together, and in it selfe is troubled, all meates and dynkes do seeme bytter in tast, he feleth heuynesse in his knees, a styffenes in his loynes, a weariness in all his body without any occasion, a sleppynesse in his legges, with a lyttell feuer, whan thou feleste these tokens, mollyfie the bealy, not with medicyne, but with good order of diete, for it is best and most sure, to vse those thinges, wherof lyghtly may ensue none annoyance, in the number of them are bctes boyled in water of hony, garlike sodden, malowes, sozel, mercury, and all thinges condite in hony. All these do expel the oydure of the bely: but if any of the said signes dothe more & more increase, the lyquour, wherem the sede of *Carthamus*, calyd also *Cnicus*, is boyled, is a plesant & sure medicin. smal colewoxtes boyled in a good quantitie of water, the licour therof in measure. ii. pintes, sauyng the third parte of a pint, with hony & salt being drunken, shall profite moch. Cicer, & the pulse callid in latin *eruum*, in englishe I suppose chittes) in water drunk fasting, hath the same effect. To them, which set lyttell by the said tokens, these diseases do sodenly happen, fluge of the bealy, bluddy fluge, slyppernes of the bowels

bowels, peines in the guts, ache in huckle bones, the feuer tertiane, the gowte, the apoplexie or pal-
sey in the lymmes, hemoroides, akinge of ioyntes.

Cwhan the bladder is towarde any sickenes, it
is perceyued by these tokens, fulnesse felt after ly-
tell meat, bickinge wynde downewarde and up-
warde, palenesse of colour in all the body, heuy or
troublous sleapes, the bryne pale, and passyng
forth peynefully, swellynges about the coddes &
pruyv members. Whan these tokens appere, than
is it expediet to haue remedy of odoriferous thin-
ges, whiche do expell vrine, whiche shall be done
without any peryll with the rotes of fenell & per-
sely stieped one or two dayes in good white wyne,
and to drinke therof fastinge every morning thre
ounces and two drāmes, with the water of wilde
carettes, or elycampane, which of these is next at
hande, euery of them haue lyke effect. Also water
wherin the pealsyn callyd in latyne Ciceres, are stie-
ped, beyng drunke with wyne, is lyke commodi-
ouse: he that neglecteth the sayde tokens, let him
loke for these syckenesses folowyng, the dropfy,
the greatnes of the splene, grieve in the lyuer, the
stone, ache of the backe, or peynes in the raynes,
the difficultie of vrine, fulnesse of the bely. In all
these thinges that we haue spoke of, we shal giue
to childre most easy medicines, to men, those whi-
che be stronger in workinge.

CThis diete of Diocles, although at this tyme
it semeth not moste pleasaunt, nor accordyng to
the practise nowe vsed, yet beinge tempred with
b that,

THE F O U R T H E

that, which I haue before remembred, some thing
may be fonde in it, which being experienced, may
be as commodious for the helth of mas body, as
that diete, which is more curyous or pleasaunt.

Of them in whose stomakes meat is corrupted. Cap. 12.

They in whome customably meate is corrupt-
ed, let them afore that they eate any meate,
assay to boomyte, drinkyng swete wyne, absteyne
from meate, that ingender botches, inflammations,
fumerous ructuations or vapours, and take
suche as nourysh good iuyce, and chose them out
which do mollify the bely, & at sundry tymes take
them. It is also good to take temperatly þ which
lowseth the bely, as the medicine called *Picra* and
to absteyne from suche thinges, wherby yll iuyce
is gathered, and do ingender syckenesses, harde
to be cured or neuer, as goutes, boneache, pepy-
nes of the raynes &c.

Of the vertue of meates. Cap. 13.

HE that is studyous aboute the conservati-
on of healthe, he nedeth to knowe the ver-
tue of meates. The meate whiche hath vertue to
extenuate, or make humours subtylle, it openeth
the poozes, and bryngeth forthe that whiche is
faste in the flessh, it maketh that whiche is
clammye, subtylle, and doethe extenuate, or
relent that which is fatte, it bryngeth forthe that
whiche abideth longe in the bealy, but that which
is eaten, is a superfluitie watry and coleryke, and

Oribasius
de medici-
na simpli.

at length maketh melancholyke bloude. Wherfore moche vsinge of them is prohibited speciallye to them, that are coleryke, and only serueth for them that are replete with sleume, crude, or vndigested humours, clamyng or fatte. The diete of fattyng thinges, dothe nourishe abundantly, soo that the stomake and lyuer do dygest well: meate of good iuyce, maketh good bloude, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours onely, as the poulse callyd Lenticule, and they that are slymy lyke malowes, some do make fat humours, & be also slymy, as fishes with hard shelles. Fynally the diete, whiche doth extenuate and make leane, is moze sure for kepyng of helth, than that whiche fatteth moch. Nourishing meates wold be therfore moderately vsed, whan a man perceyuet hym selfe to haue nede therof, it maye be most surely vsed of them that be exercised temperately, and can slepe whan they lyst. They that can not slepe by reason of exercise, lette theym eschewe fattyng meates, lette none ydelle persone attempte to use theym. In the preseruation of helth, sluggardy is the greatest mischiefe. Lyke as the temperate mouinge is good, so is the meat whiche betwene thycke and thyinne, is to mannes helth most conuenient, which engendreth bloude, according to the competent constitution of mans body, & therfore is it to be chiefly vsed. Meate of yll iuyce is alway noyfull, wherfore it ought to be eschewed. Lykewyle the varietie of meates is to be obserued diligently, for it is a great thyng to

THE F O U R T H E

couple wel togither thinges of contrary vertues,
for if they be not well digested, that whiche is re-
ceyued, may bringe displeasure.

¶ A diete preseruative in the tyme of pe-
silence. Capitulo. 14.

Marsilius
fincinus.

The bodies most apte to be infected, are speci-
ally sanguine, next colerike, thā fleumatike,
laste melancholyke, for in them the humour beinge
cold and drye, is most vnapt to receyue putrifica-
ction, hauinge also strayte passages, by the which
venim must passe. The diet conuenient for þ tyme
is to absteme frō metes, inflamig & openig þ pores
also from the heat of the sonne, frō to moch heate
of fire, or garmentes, from very hothe herbes, & mo-
che vse of tart thinges, except onions and cikory,
or radishe with vineger, for they do resist against
venim, from wine very fumishe, exercise inconti-
nent after meales, from swetting, from al thingis
that wyll cause oppilations & putrifaction, from
thinges hot & moist, where moysture hath the do-
minion in degree, specially beinge not sufficiently
boiled: also from milke, except it be in a litel quā-
tite, & that with a litel sugar. Frutis & herbis cold
& dry, & therwith soute or somewhat bitter, are not
prohibited. If ye eate figges, grapes, or swete che-
ries, eate after them of an orenge with salt. If ye
eate thinges cold & moist, as cucubers, melones,
fyshe soft and fresshe, or damlyns, eate by and by
after some fenel, and orenge with salt, drynkyng
therwith a draughte of good wyne. Beware of
mushe-

musherous, moch purslane, gourdes, and al other
 thinges, whiche wyll sone putrifie: not withstan-
 ding, I wyll not forbyd eatinge of lettyle, with a
 fewe myntes, or myrt with cynamom. All thinges
 sowle are commended, as wel in diet conseruatiue,
 as in that whiche is curatiue or healeth, excepte
 where there is straynesse of the breste, or weake-
 nes of the stomak, than ought they to be tempred
 with sugar, salt, almond milke, cynamom, pepper,
 fenell, saffron, egges, and some thing that is fatte
 or vnciuous. Capers ar good to be vsed with vi-
 neger. Chese very fatte and salt, is not comended,
 no more is colewoztes, or any kynde of pulse, ex-
 cept chittes: great peason, rapes, nor spynache is
 good. Also there be forboden rokat and mustard,
 moche wine and egges, except they be eaten with
 sozell sauce, byneger or iuyce of orenges: persely
 and also parsnipes be good. ne we wynes be noy-
 full, let the meate be somewhat more than dynke.
 but yet susteyn not to moch hunger nor thyrist. be
 ware of lechery, of a clowdy wether and close, el-
 chewe moche resorte or thronge of people, wyn-
 des comynge from fennes or mores, from slepe
 at none: vse with your meate this poulder, san-
 ders redde, halfe an ounce, cynamom thre dram-
 mes and a halfe, saffron halfe a dramme. After
 your meate, eate a lyttell of coriander sede, welle
 prepared. In the morynge, at a temperate fyze
 kembe your hed backward, clese your body and
 head of all superfluities: vse also moderate fri-
 casies, with swete perfumes, and odours, walhe

THE F O U R T H E

oftentynnes your face and handes with pure b
neger myrt with rosewater. In cold wether myrt
it with myntes, baulme, rue, or myztes, and some
tyme cloues. In hotte sommer with roses or b
lettes. Aboue all thynges vse to take whyte wine
good, white bvneger rosette, water of roses, in e
quall porcions, put thervnto a lyttel setuale, or of
the rynde of a citron, and dynke therof a lyttell,
and oftentimes washe therwith your handes and
vslage. Medicines p;reseruatiue agaynst the pe
stilice, which be alway most redy, ar these, a figge
with rue, and a wal nutte eaten fastynge, also tri
akle, or mithridate, to old men a dramme weight,
to yonge men halfe a dramme, or a scruple dissolu
ued in bvneger and rose water, or in water of tox
mentill, scabiose, or balme, if the plague be in som
mer: if it be in wynter, putte to the waters some
white wine. Also the pilles callyd comonly Pillule
Rasis, but in dede they were inuented by Rufus)
are very excellent, specially if the aloe, whiche is
in it, be washed, and therewnto added a lytel Bolus
armenus, & terra sigillata. And if the person be of hot
complexion, a quantitie of sozell scde, and red co
rall, this confectioned with syrope of citrons, in
cold complexions, or to old men with white wync
vse them euery thyrd day one pille at a time, thre
houres or fourre aforediner or supper. If ye take
triakle or Mithridate, absteyne from meate at the
least syx houres after. A pece of the rote of setual
borne in the mouth, p;reserueth from infection. In
likewise doth sozell chewed fasting, and the iuyce
sucked

sucked downe. To poore menne, Marsilius was wont to gyue a toste of breade steped in vineger, with a piece of an onyon or rewe. Al thinges whiche he cordiall, that is to say, which do in any wise comfort the hart, do resist pestilence, vehement anger, or heynnesse, be very pernicious. other more exquisite and costly preseruatiues. I purposely passe ouer, which Marsilius, & other phisitions, do write of abundantly, forasmoch as I desyre to be in this warke compendious. One thing I had almost forgotten, that there is no better preseruatiue, than to fle from the place corrupted, betyme and farre of, and to let none approche you, that hath made their abode, where the plague is feruēt. Moreover receyue not into your hous any stusse, that commeth out of a house, wherin any person hath ben infected. For it hath bene sene, that such stusse lyenge in a cofer fast shutte by the space of two yeres, after that the cofer hath be opened, they which haue stande nigh to it, haue ben infected, & sone after haue died. But here I alway except the power of god, which is wonderful, & also mercifull, aboue mas reson or couisell, preseruyng or strikig whom, whā & where it shall like his maiestie, to whom be glory & prayse euerlasting. Amen.

CTHVS make I an ende of this treatyse, desyryng them that shall take profite therby, to defende it agaynst enuyouse dysdayne, on whome I haue set the aduenture, for the loue that I beare to my countrey: requyzyng all honest phisitions to remember, that the intent of my labour was, & meyn.

THE FOVRTHE

men and women redinge this warke, and obser-
uinge the counsayles therin, shulde adapte ther-
by their bodies, to receyue moze sure remedy by
the medicines p̄pared by good phisitions in dā-
gerous lyckeneses, they kepynge good dyet, and
infourmynge diligently the same phisitions, of þ
maner of their affectes, passions, and sensible to-
kens. And so shall the noble and moste necessarye
science of phisylke, with the ministers thereof, es-
cape the sclauder, which they haue of long tyme
susteyned, and accordançyng to the precepte of the
wyse man, be woxthely honoured, for as moche as
the hyghest god dyd create the phisition, for mās
necessitie, And of the earth created medicine, and
þ wyse man shall not abhoze it. Thus fare ye wel
gentyll reders, and forget me not with your good
reporte, and praye to God that I be neuer wārs
occupyed.

LONDINI in ædibus Thomæ Berthe-
leti typis impress.

Cum priuilegio ad imprimen-
dum solum.

THE REGIMENT
SANITATIS SA-
LERNI.

AThis boke teachinge
all people to gouerne them
in helthe, is translated out
of the Latyne tonge in to
englyshe by Thomas
Paynel.
whiche boke is amended,
augmented, and
diligently im-
printed.

THE PREFACE.

To the ryght excellent and honoorable lord
Ihon Erle of Oxforde, and hyghe
chamberlayne of England, Tho-
mas Paynel greetyng.

Reding of olde auctours and sto-
ryes my mooste honoorable lord,
I fynde that men in tyme past
were of longer lyfe, and of more
prosperous helthe: than they are
nowe a dayes. Whyche thyng
as it greued me, so in maner it enforced me,
to seke the cause of this sodayne and strange al-
teration. For why, it is witten, that Adam ly-
ued. 930. yere. The Sibils of Cumane liued. iii.
C. wynters: Nestor. iii. C. wynters: Arganton
kyng of Tartesses. iii. C. yeres: And Galen
that famous doctour a. C. and. xl. yeres, but
nowe a daies, alas, if a man may appzoch to. xl.
or. lx. yeres, men repute hym happye and fortu-
nate. But yet howe manye come therto: To
serche and gyue þ very true reason herof passeth
my small capacite: without I may saye it be,
bycause we fulkyll nat the comandementes of
allmyghtye god, whyche to well wyllyng
persons are very lyght and of no burden. For oure
lordes sayethe. My yocke is swete, and my bour-
den lyghte to be borne. Saythe not the prophet
Dauyd, that who so feareth god, and walkethe
in his wavyes and preceptes, shall se his childers
A.ii. children.

Gen. 9.

Mat. 11.
Psal. 227

THE PREFACE.

Prover. 3. chyldren. And Salomon sayth, O my chyldren, forgette nat my preceptes and lawes, for they shal kepe you and prolog your dayes and yeres.

Psa. 90. And I wylle, saythe our lord god by Dauid, lengthen his dayes. Than may not this be a reasonable cause of this our shorte & wretched lyfe? Truely I suppose it be by our mislyuyng and fylthy synnes whiche beyng so abominable and soo horryble, is at sometyme the verye cause of corporalle infyngyte, and of shorte lyfe. Sayde not our lord, the phisitian of all phisitions, unto the sycke man: Nowe I haue healed the, departe thou from hens, and loke thou synne no more, leste a wrocole harine happen vpon the? O, whether shall I saye, that it chaunceth by our mysse dyete? and to moche surfettyng? Truelye, the prouerbe sayethe, that there dye manye mo by surfette, than by the sworde. Accordynge wherto the wyse man sayeth, Surfette sleethe manye a one: and temperance prolongeth the lyfe. Surfette and diuersytes of meates and dynkes, lettyng and corruptinge the digestion, febleth man, and very ofte causeth this shortenes of lyfe. What other thyng but mysse diete caused Ptolomeus Philadelphus to be so myserably and peynefullie vexed with the goute, and soo as it is wrytten, that nothyng coude releesse his peyne, sauing death? what caused Antipater, and that noble man Mecenas, to be continually vexed with the feuer, but yl diete? What

Cap. quia infirmitas de peni. et remis.

Ioan. 5.

Eccl. 37.

Plini. l. 7.

THE PREFACE.

What other thinge infected Aristarcus with the
drypny, butyl dyete? Yl dyete (as me thinketh)
is chyefe cause of all dangerous and intoller-
able dyseases, and of the shorthenes of mans lyfe.
Than it muste nedes folowe, that a temperate
and a moderate diete prolongeth the mans lyfe,
and saueth hym from al such peyneful diseases.
And therfore Asclepiades that noble physition,
professed, There are v. necessary thynges to con-
serue and prolonge mans prosperite, and helth:
that is, abstinencie from meate, abstinencie from
wyne, rubbyng of the body, exercise, and dige-
stion. O howe holsome is it than to vse good
dyete, to lyue temperately, to eschewe excelle of
meates and drynkes. Yea howe greatlye are we
Englyssh men boude to the maysters of the vni-
uersite of Salerne (Salerne is in the realme
of Naples) whiche vouchesaked in our behalfe
to compile this so necessarye, and so holsome a
boke? But what auaylethe it, to haue golde or
abundance of ryches, if one can nat vse it?

What helpeth costly medicines, if one receyue
them nat? So what profiteth vs a boke, be it
neuer so expedient and frutefulle, if we vnder-
stande it nat? wherfore I, consyderynge the
fruite þ myght come of this boke, if it were trā-
nslated into the englyshe tonge (for whyn, euerye
man vnderstandeth nat the latyne) I thoughte
it were verye expedient at soinetymes, for the
welthe of vnlearned persons, to busye my selfe

A.iii.

there

v. necessa-
ry thynges
in the regis-
ment of
helthe.

Salerne.

THE PREFACE.

therin. For lerned persons, and such as haue great experiece, nedē no istructiōs to dyete them felke, nor to conserue their helth. Yet if such other wise and discrete pscons, as is your lordshyppe, by chaunce rede this boke: they maye parauen- ture fynde that shall please them, and that besides theyz owne dyete and custome of lyuyng, shal be for theyz corporall welfare a good helth. I wyll nat, nor it become the me nat, to exhorte your lordshyp with let of other your great busynesses, to rede this my poore translation: but if perchaunce at your leysoure ye rede it, I humblye desyze and praye your lordshyppe to rede it with forgyuenes: And to accepte the same as it is worthye.

SOHERE FOLOVVETH
THE TABLE.

A	
Age. folio primo.	the perche. 53.
Affer noone slepe fo.	Affis mycke. 59.
4. 5. 6. and. 7.	Ale of Beere, and. viii. p20 pretes therof. 67.
Appetite losse. 6.	Ale that nozisbeth moch. ibide.
Ayer temperate & clere. 34.	Anis sede & ii. vitiles prof. 70
Appulse & theyz proprete. 13.	Anripigmentum. 93.
Aſperance of natural heat. eo.	Arterie blond. 95. and. 115.
Ale, the whose goodnes ref-	Aſſes of coler. 99.
teſteth in fyne thynges. 39.	Aſſes of fteme. ibidem.
Ale not wel fodde, ibidem.	Aſſes of bloud. ibidem.
Ale moderately dronke, ibide.	Aſſes of naturall melancholy.
Amarellus a Byzde. 52.	ibidem.
Amisie betwene the pike and	Abundaynes

THE TABLE.

Abundance of ruddy fleshe. 110.
 Age mete for bloud lettynge.
 104, and. 114.
 Abundance of humours. 107.
 Abundance of bloudde. 113.
 Aßßellaris the vepne. 115.

B

Branchus. folio. 5.
 Bygge men. 9.
 Best hogge fleshe. 17.
 Bravone. 19. and. 46.
 Blache wynes. 22. and. 37.
 Breadde made of wheate. 23.
 Blache wheat. ibidem.
 Buttermylke called odoz, or
 Bassica. ibidem.
 Bzaynes wel digested, and
 for whom they be hol som. 24.
 Bytter wyne. 27.
 Byndyngre red wyne. 29.
 Bytynge fume. 30.
 Bealpes in wypnter and ver. 40.
 Breadde yll bake. 45.
 Bread bake on a stone or in a
 panne. ibidem.
 Bread ouer swete & salt. 46.
 Branne. ibidem.
 Baconne. eodem.
 Beastrall fyße. 54.
 Beanes. 58 and. 80.
 Blache ryce. ibidem.
 Brothe of pulse. ibidem.
 Buttermylke. 59.
 Butter, & ppretes therof. 60.
 Beere of Almurge. 67.
 Bzayne of hogges, ffepe, hare,
 and cony. 69.
 Brothe of cole wortes. 77.
 Bulles bozne. 81.

Bzymme of the stomache. 84.
 Bourstennes. ibidem.
 Bealy ache, and p remedy. 87.
 Beatynge aboute the head. 89.
 Bapnyngre. eodem. 2, 106, 108.
 Bzanchus. 93.
 Bzymstone, eodem.
 Bloudde. 94.
 Bloudde lettynge. 103.
 Basilica the vepne. 115.

C

Constraynynge of the funda
 ment. folio. 2.
 Combyngre of the head in the
 mozynge. 3.
 Colde complexion. 4.
 Loxia, a reume. 5. and. 93.
 Catarrus. ibidem.
 Loxik. 8. and. 83, and 98.
 Corpozall cundites. 10.
 Cusome in eatynge. ibidem.
 Clene stomache. 11.
 Corrupte stomache. ibidem.
 Chatwynge of meate. 12.
 Choyce of mylke. 15. and. 58.
 Chese good to be chosen befoze
 al other. eodem.
 Cowe fleshe. 16.
 Choyce of good fleshe standeth
 in. iii. thinges. 17.
 Cockis stonis. 19.
 Choyce of eggis. ibidem.
 Claret wyne. 22.
 Choyce of bzaynes. 24.
 Chekyns and capons bzaynes,
 ibidem.
 Choyce of fygges. 25.
 Colenes of wyne in fast. ibidem.
 Coler. 28, and 94.2, 96.2, 97.

+

and

OF H E L T H E.

2. 109. 2. 116.
 Choyce of holosome ayre. 32.
 Close ayer. 34.
 Claret or wōypte wyne. 35.
 Chyldren shulde nat drynke
 wyne. 38.
 Choyce of breadde. 45.
 Crustes of breadde. 46.
 Capon. 50.
 Choyce of fyſhe. 52. and. 53.
 Carpe. 53.
 Conditions of good fyſhe. 54.
 Creues. 55.
 Chese and yeles. 56.
 Camels mylke. 59.
 Coagulation of mylke in the
 stomacke. eodem.
 Cowis mylke. ibidem.
 Chese 2. 4. ppretes therof. 60.
 Chese eaten alone. 61.
 Chese eaten after meate, eode.
 Chese after fleſſe. 62.
 Cherries, 2. iii. commodities
 that come of them. 64. 2. 65.
 Capers. 71.
 Colde falages. 72.
 Custome in thinges not natu-
 rall. 74.
 Chaunge of diete. eodem.
 Custome to onethynge. 75.
 Colde wortes. 77.
 Castory 2 the vertu therof. 79.
 Cherfyl, 2 vertue therof. 84.
 Canker. ibidem.
 Carnal copulation. 89. and.
 90. and 106. and. 119.
 Colde of the Head. 92.
 Catarrus. ibidem. and. 93.
 Colde water. 93.

Coler prassiae. 98.
 Colde. 101.
 Colerike persones and tokenes
 to knowe them. eodem.
 Colours that folowe the cōp-
 tions. 103.
 Coloure sygnifieng superfus-
 tie of bloud. ibidem.
 Causes of bloud lettynge. 109.
 Cleere ayer. 111.
 Crisis, what it is. 112.
 Clyftirs. 113.
 Cephalica the wyne. 115.

D

Delicate metes 2 drinke. 2.
 Dronkennes. 5. and. 35. 2. 88.
 and. 89. and 91. and hurtes
 engendred therof
 Day reſte. 6.
 Dropſy. 7. and. 8.
 Disease iſica 8.
 Darkenes of syghe. ibidem.
 Diffinition whether one shulde
 eate more at dinner or at ſupper. eodem.
 Digestion. 11.
 Decoction of drye peches. 13.
 Drynkyng of mylke. 14.
 Diſſerſe of wynes in coloz. 20.
 Drefſynge of braynes. 24.
 Delicious meates. eodem.
 Drye fyggges. 25.
 Drye grapes. 26.
 Doulſet wynes. 27. 2. 28.
 Doulſe wyneſ of meane ſuſ-
 ſtance. 29.
 Drye nuttes, and hurtes that
 they engendre. 32.
 Drye rewe. eodem.

Dycit

THE TABLE.

Dyete after the. iii. seasons of
the yere. 40.
Difference of sances. 44.
Diuerse good sances for som-
mer. 44.
Drynkyng of muste. 46.
Dissenteria. 47.
Drynkyng of water. 47.
Drynkyng of water vpon
meate. 48. and. 49.
Dressing of lampreys. 56.
Drynkyng at dyner and supp.
eodem. and. 57. and. 61.
Dry pulse. 58.
Drynking betwene meales. 61.
Diete customeable. 74.
Diete certayne. 75.
Diete of. iii. maners. eodem.
Diete for noble men. 76.
Diete in somer and wynter. ibi.
Dietynge of sickle folkes. 80.
Diete in Somer, Wynter, Au-
tumne, and Her. 77.
Decoction of cole wortes. 80.
Decoction of rape sede. 81.
Duste. 91.
Division of humours. 95.
Diete after blud lettyng. 104.
Dayes mete to lette blud. 105.
Disposition of the aper. 108.
Directe bloud lettyng. 109.
Diseases of the face 117.

E
Eatyng of sundry meates at
one meale. 12.
Eatyng of peares. 13.
Examples of milke eating 14.
Egges rosted. ii. wapes. 20.
Egges sodde in water. ii.
wapes. ibidem.

Egges sod in good brothe. 80.
Eger thynges. 28.
Eatyng of frutes in Autul. 41.
Eies and. vpi. thynges hurt-
full to them. 89.
Egge vvere rosted and new. 57.
Eatyng of appuls. 63.
Enula campana, and effectes
therof. 84.
Eatyng of yeles. 92.
Emptynes. 106. and. 113.
Effectes of blud lettyng 109.
Elborp. 118.

F
Fat corby folkes. 1.
fylthe of the teeth. 4.
feuers. 5.
Feuer effimeras. ibidem.
Fible appetite. 11.
Feyned hunger. eodem.
Flower of wheate. 18.
Foules beste to eate. 50.
Figges. 25. and. 66.
Frumentes lapatyue. 26.
Fryed egges. 20.
Fayrenes of wyne. 27.
Fragrant wyne. eodem.
Fine propretes of bread. 45.
Freshe water fishe. 54. and. 55.
Freshe fyse. eodem.
Fenell sede. 69.
Fyre. 90.
Fystule and cure therof. 93.
Fleme. 95. 96. 97.
Flematike folkes. 97. and 101.
Fyne thynges in bloudde lets
tyng. 108.
Fyne thynges to be eschewed
after bloud. lettyng. 111.
Fastyng in sommer. 118.

THE TABLE.

Funis brachii. 115.

G

Gonte. 6. 83. 97.

Golis mylke. 15. 23.

Golis fleshe. 16. and. 18.

Grosse wynes. 22.

Golis brayne. 24.

Grapis. 25. and. 26.

Grosse and swete wynes. 27.

Garske and propptes therof. 30. 31. 43. and. 80.

Grosse fyse. 44.

Grey goose. 50.

Goose fleshe. 52.

Gurnarde. 54.

Gurnus. 53.

Grene chese. 23. 61.

Galingale. 71.

Good custome. 74.

Gotes bloud. 80.

Gasse made in bloudde let-
tinge. 110.

Hotte bodes. 2.

Holdyng in of wynde. 7. and. 8.

Heate of the day. 8.

Head ache casted herigo. 161.

Hartes fleshe. 16.

Hare fleshe. ibidem.

Hogge fleshe. 17.

Harde egges. 19.

Hotte wynes. 21.

Hogges stones. 23.

Hares brayne. 24.

Hangyng wyne. 27.

Hurtes of swete foodes. 28.

Hony. ibidem. and. 83.

Herbes holosome for drinke. 42.

Herbes sodde in wyne. 43.

Hotte bread. 45.

Henne. 50.

Harde fyse. 52.

Hearynge. 55.

Hulles of pulce. 58.

Harte of beastes. 69.

Hennes brayne. eodem.

Horse donge. 81.

Hysope and the effectes. 83.

Wylle wort. 85.

Hearyng and grefes therof. 89.

Hummyng in the eare. eodem.

Hensane. 91.

Hosnes. 2. 6. causes therof. 15.

Hote foodes. 92.

Hotte aper. ibidem.

Humors in man. 94.

Harte of bloud lettynge. 104.

Harte strynge. 107.

Heade ache. 5. and remedy for
it. 117. and. 118.

Hunger. 118.

Goyfull fyse. 2.

Deuse of cole wortes. 77.

Deuse of water cressis. 85.

Deuse of rue. 32.

K

Ckyd fleshe. 16. 17. 18. 2. 50.

Kernel of the chery stone. 64.

Kernelles. 65.

Lyghe supper. 1. 80.

Lykis. 31. 86. 90.

Lamme. 50.

Lopsters. 55.

Lampreys. eodem.

Lyghtes. 69.

Lauender. 80.

Lasse. 104.

Malowes. 78.

Welancoly. 1. 36. 94. 95. 98.

109.

Makynge of water. 2.

THE TABLE.

Moderate ioy. codem.
 Moderate dicte. codem.
 Mylke. 14. 58. 59. 111.
 Muston. 18. 19. 46.
 Marpe. 24.
 Muspoms. 32.
 Mufte. 47. 66.
 Malarde. 52.
 Mackrel. 55.
 Medlars. 66.
 Hawe. 69.
 Ministringe of dyete. 75.
 Myntes. 78. 81.
 Mustarde sede. 82. 90.
 Melancoly folkes. 102.
 Median a the Leyne. 115.
 Meyrymme. 117.
 Mether wortz. 117.

 N
 Nyght refte. 6.
 Natural heat. 9.
 Newe fruite. 13.
 Newe layde egges. 19.
 Nuttes. 31. 32. 62. 63. 65. 91.
 Nettis. 87.
 Nombe of bones teliſt and
 heines. 93.
 Naturall blond. 95.

 O
 Olde cheſe. 15.
 Olde bieſe. 19.
 Oynions. 30. 31. 81. 82. 90.
 Oſſe. 51.
 Orep. codem.
 Oleander. 81.
 Oyle. 91.
 Oſte angr. 102.
 Olapſter offygges. 65. 66.
 Pearson. 57.

Perche. 53. 55.
 Pyke. ibidem.
 Poſe and reume. 5.
 Putrifid ſeuuer. codem.
 Prolonging time in eatinge. 12.
 Peches. 12. 13.
 Peates. 13. 32. 63.
 Poſke. 16. 17. 19. 23. 24. 46.
 Poched egges. 19. 20.
 Poffep. 36. 79.
 Pepper. 43. 87. 90.
 Perselp. ibidem.
 Pgge. 46.
 Pertrches. 50.
 Pigion. codem. and. 51.
 Phesande. 51.
 Peacocke. 52.
 Propreties of cheſe. 60. 61.
 Pymes. 64.
 Purſelane. 86.
 Propties of blud lettynge. 104.
 Quicke ſpypte. 4.
 Quaples. 51.
 Quietneſſe. 119.

R

Rabe appiſe. 92.
 Rapis. 68.
 Romynge after refte. 3.
 Reumes flowing to þ teliſt. 117.
 Repletions. 10. 11. 91.
 Remē, and. vii. remedies. 92.
 Rere roſed egges. 19. 104. 108.
 Red wyne. 21. 22. 27. 29.
 Red coler. 118.
 Rewe. 32. 80. 81. 91.
 Radibe rotes. 32. 33.
 Rose flower. 42.
 Remedy for parþaþyngē on
 the ſea. 42.

Rhodociss

THE TABLE.

Ruddocke.	51.	Turbut.	55.
Rochette.	53. 54.	Tonge.	69.
S		Tansy.	80.
Sage 2 bounde therof.	78. 79.	Tothe ache.	85. 91. 2 remedys.
Salmon.	55.	Thre thynges to consyder in bloud letynge.	110.
Slepe after meate.	2. 91.	Tyme and age to let bloude in.	111. 114.
Stande after meate.	4.	V	
Slepyng by day.	6. 7.	Walkynge after meate.	1.
Sodan change.	10.	Washinge of the eies with clere colde water.	3.
Staunchinge of blounde.	13.	Washynge of the handes.	co.
Salte meate.	15.	Washynge of the tethe.	4.
Strife in choyce of fleshe.	18.	Very hunger.	11. 12.
Stones of Beastes.	23.	Deake.	15. 18. 50.
Sommer.	119.	Whyte wyne.	20. 21. 29.
Swete wynes.	24.	Wheate sodde.	23.
Sauces.	43. 44.	Wometyng.	35. 39. 88. 89.
Stave.	50.	96. 118. 119.	
Sanguynne folkes.	99. 100.	Wynne.	36. 37. 38. 39. 41. 42.
Sparowe.	52.	48. 49. 56. 62. 63. 89. 104. 108.	
Swoundynge.	107.	Wodde cocke.	51. (109.
Salte, eodem.		Wheytyng.	53. 54.
Sea fyse.	53.	Wendosies.	55.
Spodium.	70.	Whey.	60.
Saluatella the Reyn.	115.	Wineger.	67.
Sauorines.	72.	Wynne soppes.	73.
T		Watercressis.	80. 85.
Tenche.	53.	Wylde gourdes.	80.
Thonght and care.	1.	Violetis.	82.
Tranquilitie of mynde.	2.	Wyllowes.	86.
Tympany.	7.	Weprynge.	90.
True luste to meate.	12.	Water holosome for the eies.	91.
Temperate bodyes.	14.	Her season.	119.
Lokens of good wyne.	26. 27.	Yolkes of egges.	19. 22.
Triacke.	33. (28.	Yonge poulelettis.	50.
Tremulus.	51.	Yele.	52. 55.
Tripes.	46.		
Turtill.	50.		
Troute.	53.		

FINIS TABVLE.

There beginneth this right frutefull and very
necessarie boke called the Re-
giment of helthe.



Nglorum regi scripsit tota schola Salerni.
Si uis incolu[m]em, si uis te reddere sanum,
Curas tolle graues, irasci crede prophanum.
Parce mero, cenato parum, non sit tibi uanum
surgere post epulas. somnum fuge meridianu[m].

Non mictum retine. non comprime fortiter anum.

Hec bene si seruies, tu longo tempore uiues.

This ryght fruteful and necessarye boke was
compiled at the instaunce and for the vse of
the most noble and victorius kynge of England,
and of France, by all the doctours in phisicke of
the vniuersite of Salerne, to the entent manne
shoulde knowe howe to kepe his body in good
helth. The auto[ur] in the begynnynge of this boke
techeth. viii. general doctrines, the whiche here-
after be specified and also declared at length. The
first doctrine is that he that desireth helth of bo-
dy must eschew & auoyde great charges thought
and care. For thought dryeth vp mans bodye,
huryng and leauyng the sp[irit]ytes in desolation
and confortles: whiche so lefte and ful of heu-
nes dryethe vp the bones. In this doctrine be co-
prehended melancolies and heuines, the whi-
che greatly hurte the body: for by their operatiō
the body waxeth leane and colde, the hart shyn-
keth vp, the wytte and vnderstandinge waxethe

B

dulle,

dulle, the reason is troubled, and the memorie
utterly marred. Yet neuer the lesse, it is very ex-
pedient for fatte and corsy folke, to be sountime
pensyue and heuye, that thereby they may mo-
derate the rāke heat of their sprytes, and make
their bodyes leaner and more sklender. The se-
cond doctrine is to eschewe anger. For angre in
lyke maner dryeth vp the body, and excessiuely
chaffeth & inflameth the membres. And to great
heate, as Auicen saythe, dryeth vp mans body.
Secondly anger hurteth throughe heatyng &
inflamynge of mans harte, and it letteth also the
operations of reason. Some there be that natu-
rally, eyther by sickenes or chance of poison, are
colde: for such folke to be angry is very necessa-
rye for their bodylye helthe, that their naturall
heate by suche meanes may be stered vp, gotten,
& kepte. The thyrd doctrine is to eate & dynke
sobely: for eatynge and dynkyng excessiuely
causeth vs to be vnlysty, drousy, and slouthful,
huryng & infekbyng the stomachke. Many other
inconueniences, as Auicen sayth, groweth and
chācethe throughe exesse of meates and dynkes
as here after shalbe declared. The.iii. doctrine
is to make a lyght souper. For to moche meate
take at nyght causeth & engendreth gnawinge &
payne in the bealy, vnquietnes, lette of naturall
reste, and other grefes, whiche we fele & se by ex-
periēce, the whiche hereafter shalbe more playn-
lye declared. The. v. doctrine is to walke after
meate,

Aui. dist. i.
cap. i. doc.
iii.

Aui. cap.
de wino
& aqua.

meate. For therby the meate disendeth the to þ bot-
tum of the stomake, where (as Awinen sayth) re-
steth the vertu of digestion. For the mouthe of
the stomacke despyzeth fode, and maketh digestio.
The. vi. doctrine is to eschewe slepe incontinent
after meate. whiche causeth helth and auoydeth
diuerse infymityes, as it is after shewed in these
verses: Febris, pigrities, &c. The. vii. doctrine is to
make water as ofte as nedeth: For who that ke-
peth or holdeth his water longer than nature re-
quireth, shall auoyd it with great peyne, and so
it may chance that death shal folowe, as Awinen
saith. Also to kepe the dregges & superfluite of
mans fode longer than nature requireth, ingen-
dieth many inconueniences in the body. For the
liver and beynes called miseriakes, dye vp, for
the most parte, the humours of the forsayd sup-
fluite, and so they be made harde and can not be
auoyded, and thus causeth opilatiōs, in the gut-
tes and ventosities, and so it may chance, it bre-
deth impostumes: as after shall be shewed. The
viii. doctrine is, that one doing his element & a-
uoiding the ordeurs and fylth of the body, shuld
not moche force and constraine his fundement:
for so doyng the emerardes & fistule shall greue
hym, and the fundement many tymes is misor-
dred & thrust out of his ppe and natural place.
Finally thauctor sayth, that who so wyl obserue
the forsayde doctrines, shall lyue longe in good
helthe and prosperite;

Aut. dist.
xix.li.iii.
ca de difi-
cilitate
mingēdi

THE REGEMENT

Si tibi deficiunt medici, medici tibi fiant
Hæc tria, mens leta, requies, moderata dieta,
Here are taught. iii. general remedies to cōserue
in helthe all creatures, and specially noble men.
The fyfste is to liue toyfully: for toy and myrth
causeth man to be yonge and lusty. By moderate
toye and myrthe youth is conserued, naturalle
vertue comforted, the wytte sharped, and therby
mā is more p̄omp̄te, quicke, and of abilite to do
al good and honest operatiōs. Noz it is not sayd
with out a cause, that our toy and myrth must be
moderate, for whā it is without measure, it in-
gendreth dethe bothe bodily and gostly. This
moderate toy is moste conuenient for them that
haue moche care and trouble. Which toy may be
gotte by the vse of delicate meates and drynkes,
by auoydynge of such thynges as engendre me-
lancoly. And also, as Auicen saith in his. xi. boke
and chap. of faylinge of mans hart, by dwellyng
and accompaning among our frēdes. The. ii. re-
medy is trāquillity of mynde, of vnderstanding,
and of thoughte. For noble men throughe their
great busines and charges, are moche more gre-
ued and troubled than other meane personnes.
Great carke of mynde and vnderstandyngē di-
stroyeth the natural reste of man, whiche is most
expedient for noble men: for they moste cōmonly
are naturally dry and colericke: and therfore for
them rest and quiet is ryght p̄fitable and con-
uenient. The. iii. remedy is moder ate diete, that
is to

is to eate and dynke moderately. And after shal be declared, what inconueniences growe through excesse of meates and dynkes.

Lumina mane manus surgens gelida lauet unda.
Hac illac modicum perget, modicum sua membra
Extendat, crinem pectat, dentes fricet, ista
Confortant cerebrum, confortant cetera membra,
Lote, cale, sta, pasce, uel infringisce minute.

Here are declared. vi. doctrines, whiche comfort mans brayne, and the other membres of the bo-
dye. The fyfste is, whan we ryse in the morwyng
parly to washe our eies with cleare colde water.
The eies wolde be wasshed to clese awaye the
odure and filthines that hange in the bries of
them. And Auençaythe, that the soueraynste
thinge to mundify and clese, and to make Sharpe
of syght the eies, is to open them, and so to put &
plunge them in cleare water. And ayene he saith,
that to bathe and plunge the eies in cleare water,
and therin to open them, comforteth and conser-
uethe the syght, and specially of yonge folke. The
reason why the eies muste be cleensed with colde
water, is by cause euery thynge muste be conser-
uey by that that is like it. For Galen sayth, that
hotte bodyes haue nede of hotte medicynes, and
colde bodies of colde medicins. Considering then
that mans eies be colde of nature: it standeth
with reson, that they shuld be wasshed with cold
water and not with hotte. The. ii. doctryne is to
washe our hădes whan we rise in the morwyng,

B, iii. for

Auic. dist.
xiii. li. iii.
ca. de cō-
serua oculi
lorū. Idē
dist. iii ca.
de deb. vi.

Galen. li.
iii. de reg.

OF HELTHE.

for they be instrumetes ordeyned to kepe and to
mundify these membres, by the whiche the super-
fluitie of the brayne be expulsed and auoyded,
as by the nostrils, the eies, the eares, and other
naturall cunditis. And therfore the handes spe-
cially ought to be washed with colde water, for
þ washing of the handes with hot water engen-
deth wormes in the bealy: & specially to washe
them in hotte water incontinent after meate, as

Aui. dist. xvi. li. iii.
trac. v. ca-
de lumbri.

Alien sayth. For the waschynge of the handes
in hote water incontinent after meate, draweth
the inward and naturall heat of man to the exte-
rior partes, and so the digestion is unperfet, the
which unperfet digestion is the p̄ncipal cause
that wormes be engendred. The thyde doctrine
is to roome a litell hither and thyther, whan we
are rysen from reste, that so the superfluitie of
the stomacke, guttes, and lyuer, as the grosse
mater of the vryne, may þ more spedily be thrust
nder. The. iii. doctrine is competently after
reste or slepe to extend and stretche out our han-
des, fete, and other lymmes, that the lykely spi-
rites may come to the vther parties of the body,
and so cause the spirites of the brayne to be more
quicke and subtile. The. v. doctrine is tocombe
our head in the moyninge, that the pozes of the
head may be opened to auoyde such vapours as
yet by slepe are not consumed: and also to quicke
the spirites of the brayne. Farthermoze tocombe
the head is very holsome, and specially for aged
men

men. And Auicen sayth, that to combe the head
is holsome, specially for olde men. Therfore one
shulde dayly and ofte combe his head. For ofte
combinge drawethe vp the vapours to the supe-
rior partes, and so deuideth them from the eies.
The. vi. doctrine is to wash and purge the tethe.
For the fylthines of the tethe causeth the bretche
to stink. And of the fylthines of the teth groweth
certayne vapours, that greatly annoyeth and hurt
the brayne. Fartermore the fylthyness of the
tethe myngledde with the meate, causeth the
meate to corrupt and putrifie in the stomacke.
Auicenna enstructeth and teacheth vs howe we
may kepe the tethe from ache and synche. That
is to washe the mouthe with wyne twylse a mo-
nethe: but to make the bretche swete, it muste be
boyled with the rote of spozge. Who so euer blyeth
the forsayde decoction and medicine shall neuer
haue the toothache. In the laste verse are cer-
taine generall rules: The fyfste is that after we
haue washed and bathed our selfe, we must kepe
vs warme. For than the cundites of the bodye,
that is the pozes, ben open: by the whiche colde
wyl perce in to the body, and engendre in vs di-
uers diseases. The. ii. is that after we haue dy-
ned or taken our repaste, we muste for a whyle
stande vp ryght, that so the meate may discende
downe to the bottum of the stomacke, and than
to walke a litel softly: for hasty mouyng druyeth
natural hete from the interior partes to the out-
wardes

Au. dist. 3.
li. iii. cap.
de debili-
tus.

Avic. dist.
vii. li. iii.
ca. de co-
dent.

ward, and causeth yl digestion. The iii. is y one
of colde complexion shoud not warme hym selfe
to sodaynly, but by lyttell and lyttell: for sodeyne
change hurteth nature, as Galen saythe in the
glose of this canon, Secundum multum et repente,
&c. All stronge thynges and of extreme nature
corrupt the body.

Sit breuis aut nullus tibi somnus meridianus,
Febris, pigrities, capitis dolor, atque catarrus,
Hæc tibi prouenient ex somno meridiano.

Here he teacheth, that . iiii . inconueniences are
ingendred by the slepinge at after none. Fyrst the
afternone slepe causeth and ingendreth feuers
by reason of opilations. For the naturall heate &
spryte of man by day draueth to y outward partes
of the body, and therfore digestion by day is but
feble: But whan the naturall heate and spiritis
of man draewe to y inwarde parties of the body:
than throughe their motion the naturall heate
is stered vp, and therfore the nyght is the very
season of perfit digestion, and the vndigested &
rawe humours are the cause of opilatiōs, which
opilations engendre feuers, as Iuicen saith.
Secondly, the after none slepe causeth man to be
slothfull in his operations, and busines, by the
reson afore sayd, for grosse humours & vndigested
cause mans spirites slowely to moue the bodye.
For as a subtile quicke spryte causeth lyghtnes
of body, so a lumpythe or a heuy spryte causeth a
luggishe body. Thridly, the after none slepe en-
gendreth

Aui. dist. i
li. iiiii. cap.
de putri.

gedreth heed ache. For the gros and vndigested
meate that remayneth in the stomake doth lyft
vp to the brayne gros vapours, the whiche trou-
ble and greue it. And of very consequens, if va-
pours of grosse matter be stered vp and caused,
they must also be gros. For Galen saythe in the
glose of this aphorisme, *Qui crescunt &c.* that it
muste nedes folowe, that all thynges be lyke
those thinges, of whom they be engendred. The
iii. inconuenience is the pose and reume. Reu-
mes be humours that runne from one membre
to an other, and as they rounne to diuers par-
tes of the body, so they haue diuers names. For
whan the reume cometh to the lyghtes, they be
called catarri: and whan they rounne to the che-
kes, they be called branchus: and whan they
rounne to the nose, they are called corizam: as
it appereth in these verses.

Si fluit ad pectus, dicatur reuma catarrus.

Ad fauces branchus, ad nares dico corizam.

But besides the reasons of the diseases before
reherred, there be many other reasons, and more
effectual. The cause of þ first inconuenience that
is of feuers, whiche some tyme are called putri-
fied feuers, and some tyme feuers effimeras.
A feuer effimeras is engendred of vapours and
smudge fumes kept and reteined after the after-
noone slepe, the whiche absteynyng from slepe
is wonte to consume. Galen sayth, that these fe-
uers effimeras come through fayntnesse, dyoni-

The cause
of heed
ache.

The diuer-
site of fe-
uers.

*Feuer effi-
meras is a
dayly feuer.*

*Gal. de arte
curativa ad
Glauc.i.*

C kennes,

THE REGIMENT

kennes, angre, furiousnes, inward sozowe, and other vehement cares of the mynde: and the feuers that come by inflammation of the preuey membris, are of the same kynde. These feuers be soone cured, as by baynyng and customeable diete. The putrified feuer is engendred of the humidites in man vndigested, and augmented by the after none slepe. Galen sayth, that feuers engendred of corruption of humours are called putrified feuers. The. ii. inconuenience, that is to be slowe in operation and mocions, chanceth by reason that by the after noone slepe, the humidites, and fumes in man are reteyned aboute the muskyls, beynes, and toyntes, and eke causeth the foysayd membres to be astonied and a slepe, and therfore the bodye after dynner is slowe and heuy in operations. The thyrd inconuenience (that is the heed ache) commeth, as is before declared in the. ii. inconuenience: that is to saye, by the humidites and vapours reteyned in the bodye throughe slepe and reste, whiche by suche meanes are troubled and moued towarde the brayne, and so cause the heed ache. The. iii. inconuenience, that is the catarr, signifieng all maner of reumes, chanceth to man and greatly greueth hym, throughe vapours and fumes, whiche are wont to be dissoluued and columed by watche, and by reason of slepe they drawe to the inwarde parties of man, and fume upwarde towarde the brayne: whiche fumes ingrossed by colde

*Sal. de arte
curativa ad
Glauc. t.*

colde, retourne to the lowe partes catertisans of mans body. Auncen allegeth many other inconueniences and diseases engendred of the after noone slepe. The fyfte disease is the gout and palsey, the whiche greue vs, by reason that the humidites, that are wont to be dryed vp and consumed by the heate of the sonne and by watche, do remayne styll in the bodye. The seconde is, the couloz, and corruption of the face, throughte the wattrissh humidites, lyke vnto mans bryne myngled with the bloudde, which wattrissh humidites are wont to be wasted and consumed by watche, and by reason of slepyng they ascende with the bloud towarde the brayne and the face, and so they cause the face to swelle and to waxe pale. The thyrdie inconuenience is, that after none slepe ingedreth the splene, & that by the kepyng in of the grosse melancoly humors by the day rest. For as watch with the heate of the day (whiche doth open) gyueth mouynge and way to melancoly humors by the straite cundites of the body: so the day slepe letteth and destroyeth the passages and propre wayes of them: and specially it destroyeth and stoppeth the cūdites that come from the splene to the mouth of the stoma-ke, that are ordyned to prouoke mans appetite, by whiche cūdites al melancoly superfluites are wont comonly to be clarifyed. The. iiiii. hurte is, that the after noone slepe mollyfieith the heynes, bycause that the humidites, the whiche are

C.ii. wont

Aui. dist.
xiii. lib. i.
doc. ii. c2.
ix.

THE REGIMENT

wonte to be dissoluied by the day watche, can not
be restored, whiche so remaynyng in mans bo-
dy do dyp vp the veines. The. v. inconuenicce is,
that man by reason of rest or slepe, loseth his ap-
petite, for lacke of resolution of the humours:
whiche resolution is chiese and principall cause
of the appetite. An other reason is, that the re-
plenysyng and fyllynge of the stomake with fu-
mes and humidites, mollifieth and shutteth the
mouth therof. The. vi. inconuenience that after
noone slepe dothe engendre, is impostumes, by
meanes of humidites increased by the day slepe,
the whiche drawe to one memb're or other, a soo
cause it to swelle. Auicen sayth, that besydes all
these foresayde, there be two other speciall cau-
ses that proue the after none slepe to be hurtful.
The firste is, that the daye rest is soone corrup-
ted, because the heate of the day draweth the cor-
poral heate to the exterior parties of man: but
the nyght rest doth clene contrarie: for it draweth
the corporall heate of man towarde the inward
parties. Of the whiche two motions there is en-
gendred a violent motion, that disturbeth the na-
ture. And therfore they that wyll slepe and reste
them by day, are counsayled to slepe in darke
places and in shadowe. The. vii. cause is that the
day reste maketh a man vnlustye, drousy, and
as halfe a ferde; and that by the changing of na-
ture frome his olde custome, that is frome dige-
stion of his meate; yet not withstandyng that
the

the after noone rest or slepe is generally dispayred, & the night rest greatly comended & preyed, yet the slepe that is taken in the mornynge. iii. houres before the sonne rylyng, and .iii. houres after the sonne is rysen, is not to be dispayred: As Hippocrates sayth in his .ii. boke of pronost. Slepe conuenient and naturall taken by nyght or by day, is allowable, and contrary is hurtful: but the mornynge slepe of all the day is least worthy dispayre. And all be hit the day slepe and at after none are forbiden by olde fathers and doctors, yet for all that, nowe adayes slepe taken in the day tyme is not greatly to be blamed, specially as Bartrutius sayth, if these. v. condicions therin be diligently obserued. The fyfth is, if it be customably vsed. The .ii. is that it be nat taken immediately after dynner. The .iii. is, that one slepe nat with his heed lieng lowe. The .iv. is, nat to slepe to longe. The .v. nat to be waked sodeinly & ferfully, but with good moderation.

Quatuor ex uento veniunt in ventre retento.

Spasmus, hidrops, colica, vertigo, quatuor ista.

Here are declared .iv. inconueniences or diseases that come by the long holding of wind in mans bodye. The fyfthe is called the crampe. The ventosites of the body, rounne oft amonge the iointes and veynes, & fylleth them with wynde. Of the whiche fyllinge cometh retraction and wrynkelyng together of þe beynes. And Auençayth, that the crampe is a disease that lyeth in

C. iii. the

Au. dist. ii.

THE REGIMENT

the veynes, by the whiche the membres of man
moue and extende them selue. This crampe is
diuers, one is caused by replenishyng, wher-
by the membre is made shorte and greate, and
w;ynkelyng to gether lyke lether, or a harpe
stryng, throughte the matter replenishyng the
membres. This maner of crāpe cometh sodainly.
There is a nother kynde of the crampe moche
lyke a tabozet, whiche inforceth the membre af-
ter his lengthe and largenes to crompull to ge-
ther lyke parchment caste in the fire. This ma-
ner of crampe cometh slowly. The second incon-
uenience is called the dropsy, a materiall disease
engēdred of a very colde matter, whiche entreth
and enflaeth the membres or places of a mans
body, in whiche is the regimēt, that is the di-
gestion of meates and humors, as in the stonake,
the lyuer, and the voide places about the bealy.
For dropsy neuer engendreth, but whan the ly-
uer is corrupte by reason of the bloudde. There
be. iii. splices of dropsye, Iposarca, asclides, and
tympanites: and of the tympany this. ii. incon-
ueniences are vnderstād. A tympany (as sayth
maister Bartruce) is engendred of an ylle com-
plexion, by coldnes of the stonake and lyuer,
whiche wyll not suffre mans dynke or meate to
be conuerted in to good humours, but tourneth
them in to ventosities, which if they be auoided
by belchyng, by swette, or other wyse, they wyll
stoppe the wayes of boydace. Also these vento-
sites

sites gether together betwene the places of the
bealy[called] mirac, and siphax, and there they
ingendre the dropsie. The. iii. inconuenience is
called the colyke, a perillous and a paynefulle
disease, it is engendred in a gutte named colon.
Lyke as the disease called ulca, is engendred in
one of the guttes called plion. And these. ii. disea-
ses are engendred by ventosites closed in the gut-
tes. The. iiii. inconuenience and disease is the heed
ache called vertigo, the which maketh a man to
wene that the woldbe turneth: the ventosities
which drawe to the brayne, and mixe them with
the lyfely spirites, cause the sayde disease called
vertigo, which as the name declareth, is a tur-
nyng or a swimming in the heed: and as Galen
saythe, they that haue the sayde infirmitie, are
soone astonyed, and with a lytell tournyng a-
bout they fal downe. And Auien reherseth these
inconuentences with other, and he sayth, that
ventosites kept longe, cause and ingendre the co-
lyke, by reason they ascend and gether to gether
febly shynge the guttes. And somtyme they en-
gedre þ dropsy, & somtyme darkenes of syghte,
and somtyme the megryme, and somtyme the
fallynge yuel, and somtyme it runneth vnto the
ioyntes, and causeth the crampe.

Gal. de loz
cis aff. ca.
viii.
Aui. distin.
xvi.

Ex magna cena stomacho sit maxima pena,
Vt sic nocte lenis, sit tibi cena breuis.

Here we be taught to make a lyght souper. For
to moche meate letteth mans naturall rest, and
causeth

causeth anguylshe and gnatwyng in the bealye, and causeth the face to breake out: and maketh one to haue a heuye heed in the morninge, and an unsauery mouth. Here this question cometh well to purpose: Whether a man shoulde eate moze at dyner or at supper? For dissencion here of, it is to be noted: that after the quantite of þ bodye moze or lesse, meate is conuenient at supper or at dynner. For eyther the bodyes be holle and sounde, or els sicke. If they be sicke, eyther they inclyne to materiall sickenes, or to vnmateriall: If the sickenes be not caused thoroough some humour, one may eate the moze at supper, bycause in liche syckenesses, nature onely endeuereth to digest the meate: If the syckenes be matteriall, one may eate the moze at dynner, as it is declared in the. iii. treatise in the. v. chap. of the curation of falling syckenesses on this wise: He that can not be suffised with one meale in a daye, because he is other wyse accustomed, he muste deuyde his meate in to thre parties, and eate. ii. partis at dinner, and the other parte after teperate exercise at supper. The reason herof is this, at liche season the feble nature hath helpe by the natural heate of the sonne to digeste, and the supfluites therby are moze resolued, wherfore the refection shulde be larger at dinner than at supper. And moze ouer bycause the heate of the day, whiche causeth digestiō, ioyneth with the naturall heate of manes body, there are by daye

day. ii. sondry heates to helpe the digestion: but it is not so in the nyghte. Lyke wyse nature en- deuereth her by nyght to digest the superfluities And therfore she shuld not be hyndred with the digestynge of to moche meate. And thoughe it be so, that the naturall heate of man is in many thynges fortifid in the nyght, as by retraction of the spirites & reduction of slepe: yet that selfe heate can not digeste. ii. dyuers thynges, as the meate, & the superfluities. Than it foloweth, that suche folke shuld eate lesse at souper than at dinner. If the bodyes of suche folke seme hole, oxelles if they be very hole, stronge and without any sensibilite of superfluities, auoydynge all through theyz vigour and strengthe, as myghty bygge men: suche maye eate more at soupper. For the nature of these bodyes labour onely by nyght to digest the meate receyued: and not to rype the superfluities, for in a maner they haue none. Also they labour only to fortifie theyz bodies, whiche wareth more stronger by nyghte than by daye: because the bloud and corporall spirites be enge- dred by nyght in a more quantitie, and better de- uided throughte out the bodye. If the bodies be not greatly disposed to helthe, as is rehersed, but are disposed to be lyghtly sickle: Than whether they trauayle and labour soore continually with theyz armes and handes or not, hit is beste they eate more at dynner than at soupper. For meate is not onely taken to noysh & restore the bodyz

D but

THE REGIMENT

But also to make moyste, and to ouerspynkylle
and water the membris, that through greate la-
bour and trauayle they ware not drye, and lyke
wyse to withstonde the dissolution of naturall
heate. Nor suche trauayle and labour lette the
nat theyz true digestion. For we se by experiance,
that they eate twylse or thylse in a daye with good
appetite, and good digestion. If the bodyes be
not apte nor disposed to labour continuallye, as
the bodies asoze rehersed, hit may chaunce two
wayes: For eyther they labour verye soze, but
nat continually, or elles they labour febly, wher-
by superfluites encrease. They þ trauayle moche,
as in ridyng or goynge about theyz worldly bus-
ynes, shuld eate more at soupper than at dynner:
because the vnaccustomed great trauayle wolde
not suffre the meate taken at dynner to digest, but
doth corrupt it. yea & further through superflui-
ous motion the natural hete is dissolued & spred
in every membre of the body, whiche in the nyght
draweth to the inwardde partis of the bodye, & is
the principall cause of good digestion. And ther-
fore a good & a large supper is more expedient for
them thā a large dynner. Also the same persones
were not brought vp before this season in sache
greate trauayle: & therfore theyz bodyes are full
of humidities: which lyttell meate at dynner may
resiste the resolutions caused by great motions
and trauayle. But in case they trauayle lyttell
and easely by the waye, to eate more at dynner
than

than at soupper is best: as it is declared in sick
bodyes, for they most comonly are feble bothe of
complexion and of digestion, and the heate and
lyght of the sonne dothe conforte theyz naturall
heate and spirites. Also the reason hereof is this,
the corporall condites and passages by daye are
open: wherfore the superfluites of the bodey are
sooner expulshed by daye than by nyght. Farther
they ought to eate but lytell meate by nyght, for
than nature is greatly occupied to digeste rawe
humours, the which slepe must digest and bring
to good point. And though the digestio to digest
and great repletions of meates, and the super-
fluous humours be holpe by the nyghte: yet ne-
uer the lesse, the strengthinge therof is not suf-
ficient to digeste great repletions of meates, and
also superfluous humours. And witteth well
that custome in eatinge moche or lytell at dyner
or souper, ought to be regarded and kepte. For
custome is good and necessary bothe for helth of
the body, and to cure sickenes: as Galen sayth,
For sodayne change of custome is very hurtful,
and specially for old folkes. For nature can not
beare nor yet suffre sodeyne mutation. But as
Galen sayth the alteration that is done by lytell
and lyttell is sure inough. And thus it is welle
proued, that we ought to eate moze at dinner than
at souper: and that because sickenesses are most
commonly materialles, yet for all that, if a man
coulde be contented with one repast in a daye, it

D. ii. were

Galen lib. 12.
de morbis
curandis.

Galen lib. 12.
do aphor.
Hippocrate.

THE REGIMENT

were better to take it at soupper thā at dyner, so
that he be not diseased in the eyes, or in þ bpayne;
þorþ than it were better to take it at dyner, than at
soupper. For the repletion of the soupper, hur-
tethe soþe the bpayne and the eyes. And witteth
well, that not onely the repletion of the soupper
hurteth the stomake, but also all maner of other
repletions. For they ingēdþe opilations, feuers,
putrifactiōs, the lep̄ie, & vndigested humours.
And Auien sayth, that all maner of repletions
hurte the stomake, norþ the greate eater by reple-
tion augmenteth not his bodye, for he digesteth
not his meate: but he that eateth moderately,
hath alwayes some appetite, and increaseth his
body, for he digesteth well his meate. Therfore
we ought to take good hede, we hurt not our sto-
make by ouer moch repletion, norþ that we make
not our selfe poury and the pulse to beate mo-
vehemently. In lyke maner repletion that ingē-
dþeth lothyng of meate, ought principally to be
eschewed, but specially whā it cometh of yll mea-
tes. For if it come by ylle meates, it ingendreþe
payne in the toyntes, in the raynes, in the lyuer,
and the gobte, and generally all other fleuma-
tyke diseases. And if it come by cleane meates: it
ingendreþe sharpe feuers & hotte impostumes.
It foloweth than, that this repletion muste be e-
schewed aboue all other thynges. For as Galen
sayth, ouer moche repletion pretendeth strang-
lyng þe sodayne dethe. Secondly we must take
new

Aui. dist. 1.
li. iii. ca. de
his que no
cent stoma
cho.

Galen in. i.
apho. hip.

hede, we ouerfyllenot our stomakes and vterly distroie our appetite, but we muste kepe some appetite: and in especiall they that haue a stronge and a good appetite. Some ther be that haue a feble appetite, and these ought to eate moze than theyz appetite requyret.

CTu ne nq comedas, stomachum nisi noueris ante
Purgatum vacuumq; cibo, quem sumpleris ante,
Ex desiderio poteris cognoscere certo,
Hæc tria sunt signa subtilis in ore dieta.

Here are certeyne comandementes, the whiche he that desyreteth his helth, muste of necessitie obserue and kepe moze duly than eate or dynke. The fyrist is, he shulde eate no maner of meates without his stomake be net, and purged of all yl humours, by vomet or other conuement wayes. For if a man receyue meate in to his stomake, in the which are corrupte humours, they wyll mingle them selfe together, and cause the meate newly eaten to corrupte. The seconde is, to eate no moze tyll the fyriste meate that is eaten be digested and auoyded out of the stomake. For there is nothyng moze hurtefull to mans body, than to receyue meate vpon meate, that is but onely begunne to be digested. For the meate last taken shall let the digestiō of that that was fyrist eaten, and the digestion of the meate fyrist taken, shalbe first fynyshed, whiche departeth to the lyuer by the veines called meseraikes, and therwith carrieth the meate laste taken not yet well digested.

D. iii. wherol

THE REGIMENT

wherof talwe humours and vndigested be multiplid in mans bodye. Farther in the texte are put. ii. tokenes, to knowe whan the stomake is boyde of the meate before eaten. The fyfste is verye hunger. And for a knowlege hereof, witteth well that there is. ii. maner of hungers, verye hunger, and fayned hunger. Very hunger is discribed by Galen in this wise. Very hunger (sayth he) is whanne a man nedeth meate: But feined hunger is an appetite to haue meate, thoughe the bodye haue no nede therof. And as verye hunger cometh by contraction and corrugation of the beynes pcedyng from the mouth of the stomake, by sugillation of the membres nedynge meate: so in lyke wyse fayned hunger is wont to be caused of them that constraine, that they shulde prouoke the mouthe of the stomake, the membres hauyng no nede of foode, as by colde thynges harde or sharpe. And of this signe and seconde precepte precedent, Auicen saythe: No man ought to eate but after he hath a luste: Nor he shulde not tarye longe therin whan luste pricketh, oneles it be a feined luste, as the lust of dronkerdes, or suche whose stomakes aborrethe meate: For to endure hunger longe doth fyll the stomake ful of putrified and corrupte humours. And after in the same chap. he saythe, that who so euer loue theyz helthe, shulde never eate tyll they haue a sure luste, nor tyll theyz stomake and vppmost entrayles be boyded of the fyfste foode that

Galen in
apo. hip.

Act. III. I.
Doc. ii. cap.
xxiiij. sc.

that they toke. For the daungeroust thyng that may chance a mans bodye, is to receyue meate vpō vndigested meate. The seconde thyng that signifieth true luste or very hunger, is sklender diete precedent: that is small sustinaunce before taken, for whan hunger foloweth therbypon, it is very true hunger. Farthermoze ye shall vnderstande, that to eate moche and of sondry meates mengled togyther at one repaste or refecction, is woyste of all, as fleshe and fyssh, chekens and porke, and after to prolonge the tyme in eatyng. For the fyste meate begynneth nowe to digeste, whan the other meates are serued into the table: and so the partis of the meate be vnyke in digestion: So that the fyste taken are digested, cr the last that is eate come to the myddes of theyr digestynge: And this causeth that some parties corrupt other some. And of this thyng Alicen warneth sayenge: There is nothyng more dangerous thā to myngle diuers meates & sustinances togyther, and after to prolonge the tyme in eatynge. For whan the laste meate is receyued, the fyste is wel nere digested. Therfore the sayd meates in diuers of theyr parties (as touchynge digestion) be not lyke. But yet witteth well, that prolongyng of tyme in eatynge moderately (as an houre space) to chawe and swalowe our meat well, is a lowable, and helpeth moche to the conseruation of helth. For good chawynge and swalowyng downe is as halfe a digestion: And yll chawynge

The know
lege of true
lust or very
hunger.

Act. iii. c.
doc. ii. cap.
de eo. sc.

THE REGIMENT

chawinge doth either let digestiō oxels doth gret
ly hyndre it. But prolongyng of tyme in eating,
with talkyng and tellynge of tales. ii. or. iii. hou
res, is right hurtfulle, and therof are ingendred
the diseases before rehersed.

Persica, poma, pira, lac, caseus, & caro salsa,
Et caro ceruina, leporina, caprina, bouina;
Hec melancolica sunt, infirmis inimica.

Gal.ii. ali
met.ca. ix.

Here are declared x. maner of meates or foo
des that ingendre melancoly, & are vnholosome for
sickle folkes. Of the whiche the fyſte is eatynge
of peches: Wherof Galen sayth, the ieuce of pe
ches, and theyr materiall substance is soone cor
rupted and vterly yll. Wherfore they ought nat
as some say, to be eaten after other meates. For
they swynne aboue, and soone corrupſe: But
this oughte to be iyynded, whiche is a comune
thyng, that all that is moyſte, slypperye, and
lyghtly goth vnder, shulde be eaten fyſte, and
so shulde peches, which swiftly go to the bottum
of the stomake, & make waye for the meates that
come after. But whan they be eaten laste, they
both corrupte themſelue & also the other meates.
And thus it appereth, that this sayeng ought to
be vnderſtonde of peaches eaten after other mea
tes. For whan they be eaten before meate, they
be good for the stomake, and they mollyfye the
bealy, and prouoke the appetite; as Auiſe sayth:
Rype peaches be good for the stomake, and cau
ſethe one to haue an appetite to meate. And far
ther

Aui.ii.ca.
ca de per
ſicis.

ther he sayth: They ought not to be eaten after other meate, for thā they corrupt, but they muste be eaten before. Lyke wyse Herapiō, in the chapter of peches, by auctorite of Dioscorides sayth: Rype peches are good for the stomake, and they mollyfye the bealye. But whan they be not ripe, they make a man costiue: and whā they be drye, they bynde sozer. And a decoction made of drye peches and so dronken, doth let the flowyng of humindites to the stomake and bealye. And the pouder of peches caste vpon the place where one bledeth, stauncheth the bledyng. And all though peches haue these medicinable vertues aforesayd, yet bycause they engendre putrified humours, they be hurtfull to sickle folkes, & specially when they be not taken dewly. Peches be colde in the firste degré, & moiste in the seconde. Dioscorides saythe, that ripe peches bene holsoime bothe for the stomake and bealye. The second thyng is peres, or eatyngc of peres. The cause is, for peares, and generallye all maner of newe and rawe frute, sylle the bludde with water, that boylethe vp in the bodye: And soo prepareth and causeth the bloud to putrify, and by consequens is hurtfull for sycke folkes. Peres, as Aluicen sayth, engendre the colike. But yet peares aboue al frute make folke fatte. And therfore hogges fed with peres, are made fatter thā with any other frute. And bycause peres engendre ventosities, and so cause the colyke: therfore they be vsed to be ea-

To ranche
bludde.

D. U. I. de
medi. mat.

Eatingc of
peres.

Aui. ii. ca.
ca. de py-
ris.

THE REGIMENT

ten with suche frute that breake or auoide vento-
sites, or elles to withstande the yll operation of
these fruities, drinke after theym, a draughte of
olde wyne of good sauour. And the sweter sauor
that peres haue, and the moze dulce, the better
they be. And also sod peares be better thā rawe,
and they may be sodde with anys sede, fenel sede

Dio. II. 1. de
medi. mat.
Plini. in de
nat. hist. li.
xxiiii. ca. viii.

and suger. Dioscorides sayth, that it is hurtful
to eat peares fastynge. Plinius sayth, it is an
heuy meate of al peares, though they be in helth
that eat theym. The thyrd thynge is, eatynge

Vol. ii. can.
cap. primo.

of apples, of whiche, as Aluicen sayth, to eat of-
ten and moche, causeth ache of the sinowes.

And also apples haue an yl properte, for they en-
gendre ventosities in the second digestion. wher-
fore they be vnholsom for sicke folkes. And also
for lyke cause, as it is before rehersed of peares.
And these sapenges touchynge the vnholome-
nes of peares and apples, ought especially to be
vnderstande whan they be rawe, and not whan
they be sodde or rosted. And not onely these fru-
tes shulde be eschewed of them that be sicke, but
also al other frutes that fyll the bloud with boy-
lynge water, as newe fruite, of whiche the ieuice
boyleth in a mannes bodye, as it were muste or
newe wyne. For ye may se by experiece, that the
ieuice of newe gethered fruite boyleth, whan it is
put in a vessell, by reason of the heate of the son,
that remayneth in them after theyr ryppynge.
These newe fruities, throughte boylynge of theyr
ieuice,

ieunce, cause the bloud to putrifie, al though they
comforthe a mannes bodye with theyz moysture,
whan they be eaten. And for this cause moste spe-
cially Auicen forbyddeth them eatyng of fruite,
that haue the ague. For he sayth that all fruities
hurte them that haue the ague, throughe theyz
boylinge and corruptynge in the stomake. The
tui. thynge is, eatynge of mylke: the cause why
eatyng of mylke is not good, is bycause it is
lyghtly corrupted, and tournethe unto fume or
sharpenes in the stomake, as in theyz stomakes
speciallye, that are diseased with putrified fe-
uers: and therfore they that haue a putrified
feuer, are forbydden eatynge of mylke. And as
Hippocrates saith, it is hurtfull for them to eate
mylke, that haue the heed ache, for them whose
guttes suspended, do rumble, and for them that
be very thystry. yet not withstandyng in some
diseases Hippocrates sayth, mylke is agreeable:
as for them that haue the tislike, the feuer etike,
and for them that be in a consumption. And also
hereafter folowynge some thynge more shall be
said whā we come to Lac ethicis. &c. And although
mylke in the foressayde diseases is blamed, yet in
them that be holle it is allowable, and that if it
be well digested in the stomacke and lyuer. And
Galen sayth, that mylke well sodde, doth both
noyishe and ingendre good humours. Also milk
by reason that it is watrishe, it washeth the
entrayles, and by reason it is buttery, it mundi-

Tul. di. lili.
cap. de vni-
uersali ca-
ra.

Hip. apha.
Lac dare
caput dolore-
tibus. &c.

Ge: in aph:
h:p. lib. v.

E. li. syeth,

THE REGIMENT

fieth, and striueth agaynst venomous humours, and moisteth the membris, and alleuiateth the grefes of the breste, and it dothe mittigate the shorynge or prickynge of the longes, guttes, raines, entrayles, and the bladder, and it is good agaynst prickynge humours in the entrayles. Farther more mylke is good for temperate bodyes, whose stomake is clene from coleryke and fleugynatyke humours. For vnto suche folkes mylke well digested is great nourishyng, it engendreth good bloudde, it nourisheth the body, and conuenientlye moisteth and maketh fayre the exterior parties, as Isaac sayth, in the vnyuersall dyetes. And there also he sayth, by auctorite of Ruffus, that they that wyl drynke milke muste drynke it fastynge, and it must be drynke hott from the cowe: and to eate nothynge tyll that be digested, nor one shulde not than labour nor sterre about moch. yet seldomie or at no tyme one shulde forbere walkynge, but than one must walke an easy pace, tyll he parceyne it be descended to the bottum of the stomake. But mylke is vnholsome for these bodyes that be distempered. For in hotte bodyes it is soone turned in to colerike fumosite. In suche as be colde, it tourneith to sharpnes and putrifaction. Also mylke is vnholsome for an vncleane stomake, for therin it corruptethe. Galen saythe, that he knewe a man, that of the dayly vse of mylke, had a stone bredde in the raynes of his backe. And a nother that

Gal. de la:
mitate tunc
da li. v.

that loste all his tethe. And some he knewe that
vsed to eate mylke contynually without hurtte;
yea to some it was moche holsome, as to an hus-
bande man that lyued aboue a. C. yere, and his
most foode was mylke: and a nother þ thought
to do like wyse, founde it alway hurtfull to hym.
Touchyng the choyce of mylke, it is to be no-
ted, that meane mylke is to be chosen for noyish-
ment, and not thynne mylke, as mylke of a ca-
mell, or of an asse, nor the moste fatte and grosse
is not to be chosen, as mylke of kyne and shepe,
wherfore gottes mylke shulde be chosen. For it
is not so wattrishe as camels mylke, the whi-
che is not apte to nouryshe, by reason of humi-
ditie, and it maketh a man to lastke: Nor it is
not so fatte, nor so grosse, nor so full of cruddes
and butter, as cows mylke, and shepes mylke is:
whiche by reason of theyz fatnes, stoppe the vei-
nes, and engendre ventosities, and is moze har-
der of digestion than is requisite in þ gouernanc
of helth. Therfore mylke of a goote, not to nere
kiddynge tyme, nor to far from it, and that goeth
in a good pasture, and whan pastures be at the
best, shulde be chosen. The pastures as Galene
saythe, where the beastes goo, helpe moche the
goodnes of the mylke. The. v. thynge is eatynge
of chese: and it may be vnderstande of all sortes
of chese, but specially of olde chese. The reason
is, bycause newe chese is colde, moyste, and of
grosse substance, and harde of digestion: and en-

Choyce of
mylke.

Gal. de eas-
nitate inuen-
da lib. v.

Eatynge of
chese.

C. iii. gendreth

gendreth opilations, and the storne, and helpeth
or conserueth mans helthe (by way of nourishe-
ment) but very lyttell or nothyng. And olde
chese is hotte and drye, by reason of the salt ther-
in; it causeth digestion, but yet of it selfe it is
harde of digestion, and of small indurishment,
and hurteth the stomake, and dryeth ouer soze,
and agreeeth worse than nevir cheſe. But cheſe
betwene bothe, neyther newe nor olde, nor to
tough, nor to bryttell, to harde nor to softe: to
swete nor to sowre, nor to salte, nor to full of eies,
of good tallege, and of good sauour whan it is
cutte, whiche tarieth not longe in the stomake,
made conueniently of good mylke, sufficiencely
oyly, is good and shuld be chosen afore al other,
wherof after meate we shulde eate a lytell quan-
tite, so; moche in quantite, in waye of nourishe-
ment is vniuersally p̄yll, & hurtethe the stomake,
and wyll not digest, and engendreth opilations,
the stoone in the raynes, grosse humours in the
bodye, and ventolites. Therfore that cheſe is
onely good, that comieth out of a nygarden han-
des. The. vi. thynge is salte meate, dryed with
salte or smoke, and of what kynde of beaste so e-
uer it be, it engendreth grosse bloudde and me-
lancoly, and so per consequens, it is vnholsome
for sycke folkes: nor it is not holsome for them
that be hole. For as Auicen saythe, salte fleshe
nourisheth but lyttell, and it is grosse, and en-
gendreth yll bloud. The. vii. thynge is hartes

what cheſe
is beſte.

Balt mete.
Gal. de lo-
gis. affect.
lib. iii.

Jul. ill. doc.
ii. cap. xv.

fleshe, whiche lyke wyle engendreth melancolye
 bloudde; as witnesseth Rasys Alaman. iii. cap.
 De animalibus sylvestribus et domesticis. The. viii.
 thynge is, hare fleshe, whiche lyke wyle engen-
 deth melancoly bloudde, as Rasys saythe in the
 place afore alleged: This fleshe engendreth
 more melancoly than any other, as Galen sayth.
 And of this Isaac in dieis vniuersalibus saith,
 that hare fleshe shulde not be eaten as meate,
 but onely vsed in medicines. And witteth well,
 that hare fleshe, and hartes fleshe, whan they
 be olde, ought vterly to be eschewed: yet neuere
 the lesse they may be eaten, and they be beste be-
 fore caluynge tyme, that theyz dypenesse maye be
 tempered with the age: And yet they oughte to
 be eschewed excepte they be fatte. For theyz dyp-
 nes is tempered with theyz fatnes. The. ix. is,
 gottes fleshe. The. x. is, ore fleshe. For these be
 melancolye flesshes. For Isaac in die. vniuers.
 sayth: Gottes fleshe and ore fleshe be wōste,
 hardest and slowest of digestyon, and whan they
 be digested, they engendre grosse bloud and me-
 lancoly. And Auicen in his. ii. canon of gottes
 fleshe, sayth: Gottes fleshe is not very good,
 and parchance the humour is very pl. And lyke
 wyle ye shall understande, of gottes fleshe. and
 cowes fleshe, the whiche are wōste than the for-
 sayde flesshes gottes and ore fleshe. For of them
 Auicen sayth: Cowe fleshe, hartes fleshe, wylde
 gottes fleshe, and grete foulis engendreth the
 feuers

hartes
fleshe.Haare
fleshe.Gal. de lo-
cis affectis
ubro.ii.Gottes
fleshe.
Ore fleshe.Au. ii. cā.
capite. de
carne.

THE REGIMENT

feuers quartans: And yet farther he saythe, of
 cowe fleshe, that cowe fleshe nourisheth the moche,
 and engendreth grosse melancolye, and melan-
 coly diseases. And he saythe farther, that cowe
 fleshe engendreth lepre. And of gootes fleshe he
 sayth, that it is absolutely yll. And for as moche
 as it is towched in the texte, what fleshes shulde
 be eschewed, specyally of. iiii. footed beastes, me-
 lemeth it were conuenient, to shewe, what fleshe
 of. iiii. footed beastes are to be chosen. And in the
 choyce of fleshes the phisytians agree not. For
 Galen and certayne other say, that porke is best.
 Some other, as Aujcen, Rasis, and Auerroys
 say, that kyddes fleshe is best. yet notwithstanding
 dynge Auerroys in the. v. coll. blameth Aujcen,
 bycause he sayth porke was beste, yet he sayde it
 not as though he helde therwith, but after the
 christen opinio. Some other preye beale aboue
 al other. A man may know the best fleshe of. iiii.
 foted beastes, & the goodnes therof many maner
 of wayes. fyoste by great noutryshynge, whiche
 thynge betokeneth harde digestion, and by the
 lykenes of mans fleshe: and this wyse porke is
 better than any other fleshe, fyoste for the likenes
 vnto mans fleshe, as witnesseth Galen, iii. a-
 limento, where he saythe: That porke is lyke
 mans fleshe, may be knowe by that, that manye
 haue eaten mas fleshe in stede of porke, & coude
 not perceyue neþher by the sauour, nor by the
 taste, but that it had ben porke. And Aujcen sayth:
Mang
Choyce of
fleshe.
ad. ii. can.
ex. de sang.

Mans bloudde and hogges bloudde be lyke in
 euery thyng, so that there haue bene, that haue
 sole mans fleshe in stede of porke, whiche thing
 was not spyd tyll a mans synger was fonde a-
 monge the fleshe. Auerroys whiteth the same.
 Secondelye, Porke nourysheth the greatlye. For
 Galen sayth. iii. alimentor, that porke aboue o-
 ther fleshe nourysheth moost, wherof those that
 be called Athlete haue best experience. And after
 in the same boke he sayth: One can eate no fleshe
 that nourisheth moore than porke. Thysdly porke
 engendreth a stedfast & a stronge nouryshement,
 that resysteth the resolution. This is Galens opy-
 nyon in the places afoze rehersed, where he pre-
 ferreth porke aboue all other fleshe: and in his
 viii. boke de ingenio, he sayth, porke of all fleshe
 is moost laudable, so that it be wylde broughte
 vp on montaynes: and nexte vnto porke is kidde
 fleshe. And lyke wyle in. v. tera. he saythe, Of
 all fleshe of. iii. foted beastes porke is moste lau-
 dable, whiche is temperate in heate & moystre:
 and engendreth better bloudde than anye other
 fleshe: so that it be of yonge swyne, that is of
 a yere oʒ. ii. olde, whether it be wylde oʒ tame:
 nor yōge suckers are not so good: for they fleshe
 is moste moyste. And of a moze lykelyhod wylde
 porke, broughte vp in the woodes is better than
 tame, broughte vp at home. For tame porke is
 moze clammy than it ought to be. And of wylde
 hogges fleshe oʒ booz, Autzen sayth: Christen

Auerrois
 v. coll. ca.
 de caro.

F men

Aui. ii. ca.
 ca. de car-
 ne.

THE REGIMENT

The best
hog fleshe.

men and theyz folowers say, that the beste wyld fleshe that is, is of wyld swyne. For besides that that it is more lyghte thanne the tame swynes fleshe, so it is of more strengthe, and moch more nouryshynge, and more sooner digesteth: and in wynter there can be no better fleshe. So than it foloweth, that hogges fleshe is ryght good and holosome for theyz bodyes that be yonge, hole, strōge, occupied in labour, & not disposed to optiations: and for them that desyze to be fatte: for such haue nede of moche nouryshemente: and harde of digestyon. And therfore Rasys saythe: Grosse fleshe is conuenable for them that labour moche: but clene fleshe is beste for them that do contrarie wyse. Aucion wyll the same, sayenge: They that laboure moche, maye better awaye with grosse meates, than other. The choyce of good fleshe standeth in. iii. thynges, in tempe-
rance of complexion, in lyghtnes of digestion, and in gendryng of good bloudde, that is to say, the better fleshe is of temperate complectiō, easy of digestyon, and tēperate in engendryng bloud, betwene hotte and colde, sklendernes and grosse-
nes. And for this cause kidde fleshe is better and moze laudable than any other fleshe, after the mynde of Rasys, Aucion, and Auerroys. For Rasys saythe: Kydde fleshe is temperate, with-
out any pl mixion: the whiche though it engen-
drezeth temperate bloud, yet it is not conuenient
for labozers: but yet for all that there is none o-
ther

Rasis. iii.
Uinan. ca.
de animali.
silvestribus
& domest.

on 1771

ther fleshe shulde be preferred afore it. It is not so weke, that a mans strength is minished ther-
by : nor the nouryshyng therof is not so moche
grosse, that repletion shulde come of it, or grosse
bloud be engendred. The bloud also that is en-
gendred therof, is betwene subtile and grosse,
hotte and colde. Nor this fleshe is not mete for
great labozers, but for temperate yonge folkes,
the whiche vse meane exercise. For this fleshe en-
gendreth bloud, that by myghtye exercysle or la-
bour is soone resolued, but not with meane tra-
uaile. And Galen sayth, that kidde fleshe is not
vholsome for an olde man. And touchyng the
intention, as kydd fleshe is better than any o-
ther housholde fleshe, so gootes fleshe is better
than any other, bredde in the woddes. And nexte
to kidde fleshe many physyltions, as Ralys and
Auerroys, put mutton. And Auerroys saythe,
That mooste parte of physyltions are of this o-
pynyon, saue Galen, whiche laudeth not mut-
ton. For he sayth that mutton is not yl for yong
folkes, but it is vholsome for old folke. And he
thynketh that veale nourisheth more than mut-
ton. And peraduert Galen vnderstandeth here
the betternes of nourishement of that that is to
nourishe moche, and to gyue nourishement more
harde of resolution, whiche moxe agreeþ the vnto
veale than mutton, syns mutton is of moxe hu-
midite. Thirdly the goodnes & choyce of fleshe
may be taken by reason of theyȝ smal clamynesse

Gal. de sa-
nitate mem-
da. lib. v.

Auerrois
v. coll. ca.
de carne

Gal. de sa-
nitate tunc
dalli. v.

THE REGIMENT

and by theyz good sauour: & herein beale is better than any other fleshe. And Auerroys to this agreeeth, sayenge: Veale is good fleshe, for as moche as it is not clammy, colde, nor drye, as befe is, and beale hathe swetter sauour thanne any other fleshe. And in these pointes it is better than kydd fleshe, for in kydd fleshe one may perceve a clammes before it is sodde, and in that that beale engendreth better humours, it is better thanne kydd fleshe. And thus it appereth playnely, what thyng causeth controuersite amonge the physitians touchynge the choyle of fleshes. Farther wytth well, that the fleshe of a drye complexion, is better nere caluyng tyme than farre frome it: And therfore kyddes and calues be better than gottes and oxen, because theyz drynes is abated with the humidite of theyz yongnes. But fleshe of beastes of moist complexion, is better and more holsome in age than in youthe. For greate parte of theyz over-moche humydites is dryed awaye, as they doo encrease in age: And therfore weathers of a pere olde are lesse clammye, and moxe holsoine than suckynge lammes: and lyke wylle porkes, of a pere or .ii. olde, are better than yonge pygges. And therfore Auycen saythe: It behoueth that the meate that conserueth helthe, shulde be suche as the fleshe of kydd or a suckynge caulfe is, or lammes of a pere olde. Than by these reasons it appereth, that the fleshe of gottes male and fe-

Duerrots. v.
coll. ea. de
carne.

**The cōtro-
uersitie in
choyle of
fleshe.**

**Uite. iii. l.
cap. de reg.
etius quod
comeditur.**

male,

male, of olde mutton, of befe, of olde pozke, and specially of brawne, of pygges, and of luckyng lammes, is not very holsome for the conseruacion of mans helthe, but the fleshe of yonge calues, of yerelynge wethers, & pozke of a yere or ii. olde, is conuenient inough to eate, to preserue mans helthe. And it is to be well noted, that the fleshe that is enclyned to dynes, muste be sodde: and the fleshe that is inclyned to humidite, must be rosted, therby to attempze theyz dynes and humidite: And therfore the fleshe of conys and haaris, hartes, calues, and kyddes, shoulde be sodde: and pozke and lamme rosted. And by this reason appeareth, that in moyste seasons, and for moyste complections, fleshe disposed to dynes shulde be rosted: and in drye seasons, and for complections drye and olde, moyste meates be moze conuenient.

*Qua recentia, vina rubentia, pingua iura,
Cum simila pura naturæ sunt valitara.*

Here in this texte diuers noylshynge meates ben expressed. The fyfte is newe layde egges, whiche be of that sorte of foodes, that in a lytel quan tite nourys the moche. For Aulcen saythe, that thynges smal in quantite and great of nourys the ment, are egges & cocke stones. Touchyng the choyce of egges, wyttesth well, that the egges of hennes, pertriches, and of fesances yonge and fatte are very good in þ regimant of helthe, and synply, better than any other egges: For the f. lli. prieſt

Jul. ii. cap.
ca. de ouis.
Et. iii. ca. t.

preste daughter sayd, that longe egges & smalle
were the best of all, as in these verles.

Filia presbyteri, iubet pro lege teneri,
Quod bona sunt oua candida, longa, noua.

Farther, poched egges are better than egges
costed harde or rere, and they be of great nourish-
ment, and of good & lyghte digestion, and they
engendre blounde speciallye proportionable to
the harte: wherfore they be excedyng good for
suche as be recovered from lyckenesse, for aged
folke, and for weake parsons, and speciallye the
yolke. For Aluinen sayth, that the yolke of egges
and of foules; whose fleshe is good to be eaten;
as of hennes, pertriches, and fesantes, though
they be not medicinable for the harte, yet they
comforste ryghte moche. And he addeth the folo-
wyng: That they be lyghtly turned in to bloud:
and after they be tourned, there remayneth of
them but small superfluitie. And therfore they
comforst moost specially the harte. And farther
he saythe, that they be excellente good to restore
the spirites and bloud of the harte. Rerested
egges are lyghtelye digested, and they easie the
longes and the breste, and mollyfye the bealye
temperately, but they nouryshe not so moche as
poched egges. Harde egges sodde, are harde of
digestion, and they nouryshe the bodye grossely,
descendyng slowly to the stomake, and slowly
they entre therin. Farther witteth well, þe egges
by the dresyng of them are made better & worse.

Bot. in tra-
cta. de viti-
bus cordis.

Dressyng
of egges.

For

For eyther they be roosted, sodde a lone, or fryed,
or sodde with some broth. Roasted egges be more
grosse than sodde, and more harde of digestion:
for the herthe or fyre dryeth vp the substance of
theyz humiditie. And they be rosted two wayes:
One is in the shelles raked in the hotte imbers:
An other waye is , they be rosted stondyng on
imbres with theyz shelles a lyttell broken . But
they that be broken be worse than the other: and
they that in the shelles be raked in the hotte im-
bers are done two maner of wayes, eyther they
be all raked in the imbers, or elles sette vpon im-
bers and coles with parte vncouered. They that
be all couered be worse, for by reason þ the heate
of the fyre goth aboute them, the fumosities are
kept styll in, and they that be sette vpon the im-
bers, and parte vncouered auoide out the fumo-
sities, wherby they be purified. They be better
sodden in water than rosted, for the humiditie of
the water stryuethe with the heate of the fyre,
þ dryeth vp theyz humiditie. And thus they be
dressed two wayes: for eyther they be sodde in the
shelles, or elles broken in the water. They that be
sodden in the shelles, are worse than the other,
for the shelles do let the dissolution of fumosi-
ties and grossenesse . Whan they be poched, the
heate of the water temperatelye percethe in, and
maketh more pure theyz grossenes: and takethe
away the yl smell and sauour. Wherfore poched
egges be mooste holsome, and fryed be moost vn-
holsome

THE REGIMENT

Masis opt.
nō in diet.
vniuersa.

Galen li. xii
de morbis
curandis.

Masis . iii.
Almen. ca.
de virtute
suum.

Red wyne.

Ca. super. i
ca. iii. part.
reg. acutio-
rum.

holosome: For whan they be fryed, they engendre
moost yll humours, and hurte the stomake, and
causeth the fumosite and corruption, and maketh
one to lothe his meate. But egges sodde in some
good brothe are betwene bothe, rosted and po-
ched. Also wytteth well, that there is a diuersi-
tie in an egge touchyng his cōponde partes. For
the yolke is temperately hotte: The whyte is
colde and clammye, and hardlye digestethe, and
the bloudde also therof engendred, is not good.
And as the forsayde egges, that is to say of hen-
nes, pertriches, and of fesantes, be more conue-
nable in the regiment of helthe, so egges of duc-
kes, gees, shouelardes, and suche lyke foules,
are vnholsome in the regyment of helthe, and
shulde be eschewed. The seconde thinge is redde
wyne. And here ye shall vnderstande, that wy-
nes differ in theyz colours. For some wynes be
whyte, some be claret, some be citrine, and some
be blacke. whyte wyne is febler than any other,
colder and lesse nouryshyng, but it dothe leaste
hurte the heed, and it dothe make one to pysse
better than any other wyne. That whyte wyne
is weaker than other wynes apperethe by this
that Galene saythe: weake wyne is hit, that
leaste heteth or inflameth, and lesse greueth the
brayne than other. And Galen sayth: It is im-
possible that whyte wine shulde greatly enflame
any man. And he sayth, whyte wyne enflameth
or heateth leaste of al wynes, whiche thynge is
true

crewe, if one wyll make comparisson betwene whyte wyne and redde of one countre growyng, and none other wyse. For the redde wynes of France are not so hotte, nor yet so stronge as the whyte wynes of some other countre. And therfore the comparyson muste be made bytwene the wynes of one maner & countre, and whyte wyne nourisheth the leste than other wynes. For Galen saythe: watteryshe, sklender, and whyte wyne is vniuersally neyghbour to water, and as touchynge nouryschement is lyke water, wherby it prouoketh one to pylle, and nourisheth the body but lyttell. And lyke wyse Galen saythe: watteryshe wyne nourisheth the bodye leaste, whose licour is as sclender as water, and colour white. And Auicen sayth, whyte sclender wyne is beste for them that be chaffed and hotte. For it dothe not fume nor cause the heed to ake, but it moystethe the bodye, and easethe the heed ache. To this agreeethe Galen. The reason why whyte wyne leeste hurtethe the heed is this, by cause it is leste fumyssheth and leste vapours than other. That it prouoketh or causeth one to pylle more than other appereth by this sayenge of Hippocrates. The passage or entrance of this whyte wyne in to the bladder, is easyer than of anye other dynke: wherby we maye perceyue, that it hath strengthe to open. By this it well appereth that whyte wyne is better for theym that be hotte and chaffed, than other wynes, whether

G they

Ga. in hys.
apho. li. iii.

Ga. in hys.
apho. li. ii.

Antec. iii. 1.
doc. ii. cap.
de reg. aqua
et vni.

Ga. in com.
in partem.
regim. acu.

Hippo. iii.
partic. regi.
acutorum.

THE REGIMENT

they be hotte of nature, as colerike and sanguine
folkes, oxels by accydence, as hotte chassed by
angre and bydynge in the sonne. And lyke wyse
it is better for them that studye, whiche oughte
to vse suche wyne as wyll not distepeze þ brayne.
And lyke wyse it is conuenient for them that haue
a feble brayne, whether it be naturall or acciden-
tall: For stronge wine maketh them sone dronke,
that haue a weake brayne, as Axmen saythe:
and therfore if suche persons wyl dynke stronge
wynes, they muste alaye them well with water.
And also it is good for theym, whose lyuer and
stomake is hotte: and for them that dwelle in a
hotte countrey: For hotte and stronge wynes,
wolde all to enflame and bourne theyr bodyes.
Redde wine and claret, as of the countre of Berne
are hotter than other. And Galen sayth: wyne
that is redde of colour and claret, be very hotte,
and they nourishe moch more than other wines.

Bed wyne
clarette,
Ga. sup cā.
de vino. etc
nim albo.

Gal. in his.
apho. It. II. 11. 11.

they be hotte of nature, as colerike and sanguine
folkes, oxels by accydence, as hotte chassed by
angre and bydyncge in the sonne. And lyke wyse
it is better for them that studye, whiche oughte
to vse suche wyne as wyll not distepre þ brayne.
And lyke wyse it is conuenient for them that haue
a feble brayne, whether it be naturall or acciden-
tall: for stronge wine maketh them sone dronke,
that haue a weake brayne, as Aulen saythe:
and therfore if suche persons wyl dynke stronge
wynes, they muste alaye them well with water.
And also it is good for theym, whose lyuer and
stomake is hotte: and for them that dwelle in a
hotte countrey: for hotte and stronge wynes,
wolde all to enflame and bourne theyz bodyes.
Redde wine and claret, as of the countre of Berne
are hotter than other. And Galen sayth: wyne
that is redde of colour and claret, be very hotte,
and they nourishe moche more than other wines.
And agayne he saythe. That the wynes that be
grossie and ruddy of colour, nourishe moche than o-
ther wynes. And they sone fyl or replenishe feble
bodyes þ are empty or boyde of substance. And
here it is to be noted, that it is sayde redde wines
nourishe moche, bycause for the most part they be
tourned into substancialle of mans membres. yet
for all that the wynes blacke of colour, maye be
called greater nourishers than other: for they
gyue moche constantly nourishment, and more
easly be resolued from the membres. Wherfore
Galen

Galen saith: That grosse redde wynes nourishe
 moze than watre; but yet they nourishe lesse
 thā blacke colozed wynes. And on this wyse the
 sayenge of Ilaac is vnderstāde, where he sayth,
 that blacke colozed wyne nourishest moze than
 redde. And these redde wynes, hurte the heed
 more than whyte, and lesse prouoke one to pysse.
 And this is the cause that stronge wynes be not
 conuenient for feble brayned folkes, as it is a-
 soze sayde: But it agreeth well with theym that
 haue a stronge brayne. For a stronge brayne re-
 sisteth vapours, whan they smyte vp there. Un-
 to, as Auycen saythe. And here note welle, that
 the wyte of a man that hath a stronge brayne,
 is clarified and sharped moze, if he dynke good
 wyne, than if he dranke none, as Auycen saythe.
 And the cause why, is by reason yf good wyne
 moze than of any other dynke, are engendred
 and multiplied subtyll spirates cleane and pure.
 And this is the cause eke why the diuynes, that
 imagine and study vpon hyghe and subtyle mat-
 ters, loue to dynke good wynes. And after the
 opinio of Auycen, these wynes are good for men
 of colde and fleumatike complexion. For suche
 wynes redresse and amede the coldenesse of com-
 plement: and they open the opilations and stop-
 pynges, that are wont to be engendred in suche
 persons, and they digest fleume, and they helpe
 nature to conuerte and tourne them into bloud,
 they lyghtlye digeste, and entre quyckely, they
 encrease

Gal. in h/p.
 a pho. II. ii.
 Gal. in h/p.
 Ita. in die-
 us part.

Auycen. III. 1.
 cap. preale.

Auycen. III. 1.
 cap. preale.

Auycen. III. 1.
 cap. preale.

THE REGIMENT

encrease and greatly quycken the sp̄rites. But
 wyne citrine is not so burnyng as redde claret,
 as Galen saythe. Redde wynes be hotter than
 whyte, and therfore they greue the heed moze,
 as Galen saythe. Also claret wyne nouryssheth
 lesse than redde, & more than whyte. And in some
 places they call claret wyne whyte, and that is þ
 cause that some saye, whyte wyne doth quickly
 enflame mans body. The blacke wines be not so
 feruent hotte as the redde wynes be. And ther-
 fore they hurte the heed lesse. But for as moche
 as they discende moze slowly in to the bealfe,
 and prouoke moze slowly mās vrine, they greue
 the heed moze than white wyne dothe, as Galen
 sayth. The thyde thynge is suppynges, made of
 good brothe of fleshe, but specially of chekens,
 for suche brothes are very kyndely to mans na-
 ture, and are lightly couerted in to good bloud,
 and they engendre good bloude, specially whan
 they be made with fyne flower. For flower prin-
 cipally of wheate, is a greate nourisher, and cau-
 sethe greate nourishement as Rasis sayth. And
 of these .iii. foreshayde thynges, Auicen sayth:
 Example of clene and good nourishyng meates
 and humours be the yolkes of egges, wyne, and
 brothes made of fleshe, and there vpon he con-
 cludeth that these three foreshayde thynges are
 comfortable and of greate restoratiue for mans
 bodye.

CNutrit & impinguat, triticum, lac, caseus infans,
 Testiculi

**Gal. in his.
 apho. li. ii.**

**Ga. sag. ca.
 potus aut.
 dulcis.**

**Suppynges or bro-
 thes.**

**Rasis . iii.
 Dimen.
 Duiten. iii.
 doc. ii. cum.
 Lcapi. xv.**

Testiculi, porcina caro, cerebella medullæ;
Dulcia uina, cibus gustu iocundior, oua
Sorbilia, mature fucus, uuæq; recentes.

Here are touched. xii. maner of thynges, the whiche greatly nourishe and make fat mans bodye. The fyrete is breadde made of wheate: whiche as Aluicen sayth, fatteneth swyftely, speciallye whan it is made of newe wheate. Rasis sayth, wheate is neyghbour to temperaunce, all though it en- clyne a lyttell to heate. And the heuiest and soun- dest wheate doth nourishe beste, and of all graynes it is moost holsome for all folkes: And the bloud that is engendred therof, is more tempe- rate than of any other grayne. And touchynge the choyce of wheate, ye shall vnderstande that the election is to be considered in two thynges. Fyrste the substance of the wheate oughte to be considered, and secondly the p[re]paration therof: And of the choyce touchynge the substance, Aluicen sayth, that that wheate is best, that is ney- ther harde nor softe, greate, fatte, and newe, and not to olde, and betwene redde & whyte. Blacke wheate is an yl nourisher. Rasis sayth, it is heuy. And of the choyce concernyng the p[re]paration, wytteth well, that all thynges made of wheaten flower discende from the stomake slowly, & doth engendre grosse humours, and doth cause opila- tions aboue the lyuer, and doth augmente the splene, and engendre the stome: and whan it is digested, it nourishest moche. Wheate sodde is

Breadde.

Aui. ii. cā.
cap. de pa-
ne.Rasis. iii.
Alman.Choyce of
wheate.

G.iii. heuy

THE REGIMENT.

heavy meate, and harde to digest, but whan it is digested it nourisheth strongely, and streineth a man moche. But wheate made in bzeade, well leuened, and baken in an ouen, hotte with moderate fyre, is meruaylous holsome. All these thynges are gethered out of Galen. The second thyng is mylke: and after the mynde of some doctours, it is vnderstonde by butter mylke, calld Odor, and commonly calld Balbuca, there is nothyng nourishethe moze than this mylke, whan it is newe supped vppe, with newe hotte bzeade. It maye also be vnderstonde by gootes mylke: whiche nourysheth moche, wherof we haue largely spoken before. The thyde thyng is grene chese, whiche as Auicen sayth, is a nourysher and a fatter. And althoughe grene chese dothe nourishe and fatte, yet it is nat holsome in the regement of helthe, for therof come the inconueniences before declared. The. iii. thyng is, stones, and specially stones of fatte cockes: whiche as Auicen sayth, be very good and great nouryshers: And he sayth that in a small quan-
tite they nourishe moche. This also maye be vnderstonde of hogges stones very fatte, that hath not boozed a sowe. For as porke of all. iii. legged beastes (touchyng nourishment) is beste, in lyke maner the stooones, in regarde of other beastes stones, are the beste. And here it is to be well noted, that the stooones of aged beastes, whose sede is fermented, be nothyng nouryshyng.

Galen de
alumen.

Butter
mylke.

Grene
chese.
Aut. ii. can.
ca. de caseo.

Cockes
stones.
Aut. ii. can.
ca. de testi.

hyng. But the stonys of yonge beastes, that be not yet able to dō theyz kynde, and whose sede of generation is not yet ripe, be of metely good nostrilhemēt, yf they be well digested. The. v. thynge is porke, in chosynge therof, and of the effecte of the same it was largely declared before, wherof Galen saythe: That of all foodes porke is the greatest nourisher. The. vi. thynge is, eatynge of braynes: And wyteth well that brayne be yll for the stomake, and they cause lochsonnes, and take awaie a mannes appetite: and brayne engendreth grosse humours, yet neuer the lesse, it nourishethe the bodye, if it be well digested: But in noo wyse it shulde be eaten after other meates. And if it be dressed with penyzialle or nepte, to attempre the clammynesse and colde therof, or with thynges, that by theyz vertue gyue heate, it is good and holsome. And take hede that ye eate no brayne, outcepte it be fyſte hotte vpon the coles. And witteth well, that brayne is not good for them that be sycke other whyle of colde deseases, but for them that be hot of complexion it is holsome, as Rasis saythe. And brefely to speake brayne is forbydden in the regiment of helthe. But yet somtyme it dothe well in medicines, as the brayne of a lyttell goot is good agaynſte venoyme, and agaynſte venomous bitinges: And a haares brayne is good agaynst tremblyng: And some saye the brayne of chekins and capons is good for the memorie, and

porke.

Sa. de moſ
bis curan-
dis li. vii.Eatyngc of
braynes.Rasis. iii.
Alman. ca.
de virt. me-
diorum ani-
malium.

THE REGIMENT

Choyse of
braynes.

But. ii. can.
ca. de cere.
But. ibidem
cap. de me:
dulla.

Mary.

Delicious
meates.

Gal. in secu-
do partie.
aphorist.

Ranunc. s. thynge is, rere egges : whiche in small quan-
tite

and comfortethe the wytte. yet touchyng the
choyce of braynes, it is to be knownen, that the
best braynes be of foules that flee, and proprely
aboute mountaynes. And of. iii. footed beastes
the beste is of a ramme, and nexte of a caulfe, as
Auicen sayth. The. vii. thynge is, marye, whi-
che well digested nourisheth moche: as Auycen
saythe. And it is lyghtly tourned into bloudde.
yet neuer the lesse, it destropethe the appetite,
and maketh one to lothe his meate: And therfore
Auicen teacheth vs, to eate it with pepper.

And touchyng the choyce of mary, Auicen saith,
that the marye of veale, of a harte, of a bulle, of
gootes, and of shepe, is mooste holsonne. And
some say the mary of yonge fatte bulles, is very
holosome and good. The. viii. thynge is, swete
wynes, wherof we shall entreat here after.

The. ix. thynge is, delicious meates: for such
mooste specially nouryshe, as Hippocrates sayth.
And Galen sayth, that all sauoyre meate, wher-
in one hath a delectation whan he eatech it, is of
the stomake receyued, reteyned, and digested,
with a more feruent desyre than any other. But
if the meate be lothesome, the stomake wyll not
abyde it, wherof vomyte, abhoorynge of meate,
inflation and belchyng are engendred. And this
is the cause that we se some more helthye, fedde
with course meate, than with good, bycause the
course meate is more delicious vnto them. The.

tite nouryfhe moche, wherof we haue spoken be-
fore at large. The. xi. thynge is, rypte fyggges :
whiche throughe theyz swetenes nouryfhe and
faffe moche. And touchyng fyggges, thoughe
they nouryfhe not as strongelye as fleslhe and
grayne : yet there is no fruite so stronge a nou-
ryfher : as Aluicen saythe. And he saythe, that
fyggges noureslhe more than any other frutes.
And eke he sayth, that fruytes of most nouryfhe-
ment, and most lyke and nere vnto fleshe in nou-
ryfhyng, be fyggges, very rypte resyns, and da-
tes. And as cōcernyng the choyce of them, wit-
teth well, that as Aluicen saythe : the whyte fyg-
ges be beste, for they be lyghter : and nexte vnto
them be the ruddy or c̄tryne fyggges, and than
the blacke. And they that be rype be beste. Also
the moyste and newe fyggges are greater and
swyfster nouryfshers, than the drye, and sooner
passee frome the stomake to the lyuer, and they
moist the liuer more, and are more melowe than
the drye fyggges. But yet the drye fyggges enflate
not so moche, and are more holssomer for the sto-
make than the moyste, as Aluicen saythe. The
drye fyggges in theyz operations be laudable,
but the bloude of them engendred is not good:
and therof lyce are engendred : But eate theym
with nuttes and almōdes, and theyz humour is
made good. And he saythe, that the operation of
fyggges is merueylous nouryfhyng, yf they be
taken fastyng, with nuttes or almondes, for they

*Vui. ii. can.
ca de fici-
bus.*

*Vui. in regi.
eius quod
comeditur.*

*Choyce of
fyggges*

H open

THE REGIMENT

Grapes.

*Sal. ii. can.
ca. de vua.*

open and prepare the waye for meate, but yet the fygge that is eaten with a nutte, noyseth more than the fygge that is eate with an almonde. And wyteth well, that all fygges do enflate, melowe, and expulse superfluities to the skynne: and they prouoke swette, and auoyde or remoue awaie sharpnes of the throte, and they cleuse the brest, longes, and pipe of the same, and open al maner opilations of the lyuer & spleene. The. xlii. thynge is grapes, that is to say swete and rype. And ye shall vnderstaunde, that there are . iii . maner of grapes. For some be grene and sower, wherof verieuse is made: these grapes bynde soze, and represse the ruddy colour and sanguyn, and are holosome for a coleryke laske. There is a nother soze naturally grene and newe, wherof wyne is made. Those grapis (specially if they be whyte, and the graynes and huskes sette a parte or take awaye) cause one to haue a laske, and they nouryshe more than other fruytes, but not so moche as fygges, as Auicen saythe. yet of trouthe they engendre ventolites, inflations, and ache of the bealy. And if they remaine. ii. or. iii. dayes after they be gathered, tyll the huske be somewhat asswaged, they nouryshe the better, and are lesse laxatyue: nor than they enflate not. And they, whose stomake is full of meate, and vncleane of yll humours, shulde in no wyse eate grapis, speciallye if they be newe and without graynes or byrnels: For in suche a stomake they corrupte soone

soone, for they be ouer soone digested, and canne not auoyde out of the stomake after they be dygested, by reasonne of the meate, that is not yet dygested. Wherfore than they both be corrupted in the stomake, & they corrupte the other meate. And lyke wyse hit is to be vnderstonde of other fruities laxatiue. And who that wyll eate grapes grene and newe gathered, it is good to lay them in warme water an houre, and after in colde water, and than eatte them. Rasis saythe, that grapes swete and newe do soone fatte the body, and they auignent the rysing of a mans yarde. And farther he saythe, that the grape that hath the thynnest huske, descendeth the sooneste frome the stomake, and the thycker huske, the slowlyer. There is a nother called a drye grape, or a resyn of lent, and though this grape be nombred among his egals, yet it is lyttel inclined to heate, and after Rasis in the places before allegeate, it nourisheth the well, and conforteth the stomachke and lyuer, and auoydeth opilations. And it is sayde, that the lyuer is fatteth with theyn, and specially if they be cleasned frome the greynes or kyynels. And thus the foressayd texte may be vnderstantde of a freshe gethered grape or raylyn: or of a drye grape called passula.

CVina probantur odore, sapore, nitore, colore,
Si bona cupis uina, haec tunc probantur in illis
Fortia, formosa, fragrantia, frigida, frisca.

Rasis. iii.
alumen.

The tokes
of good
wyne.

Here in this texte be declared, v. maner of p_{ro}-
p_{ro}. ues

THE REGIMENT

Constan.
theorice.

Gal. com.
iii.i.part.
reg. acuto.

nes of good wyne. The fyſte is the ſmelle, for wyne of good odour and flaour multiplyeth or encreaſeth a mans ſpirites, and as Constantine ſaythe, it nouriſheth well and engendreth good bloude: but ſtynkyng wyne is vnholſome for mans nature, and doth engendre groſſe and melancholye ſpirites. And after the mynde of the ſayde Constantine, it engendreth yll bloud and heedache, that of the yll fume aſcendethe to the heed. Galen ſaythe, that wyne that hath the good ſmelle, engendreth the good bloude, but it fylleth ones heed full of fumes and vapours, by reaſon of the ſubtiltie and heate therof: but wyne of yll ſmelle, after the quantitie of yll bloud engendred therby, doth hurte the heed very lyttell, by reaſon it is colde and groſſe. The ſeconde thynge is, flaour: for lyke as good flaoury meate noyſiſheth better, & is better receyued of the ſtomake than other, as is aforesayd, in lyke wyſe dothe wyne. But ye ſhall vnderſtonde, that wynes diſſerre in flaourines: for ſome be ſwete, moſe noyſhyng than other, and they engendre groſſe bloud, and moyſte the bely, & yet they be harde of diſteſſion, and make one thyſtly. There is a nother ſorte of wynes called pontica, or ſtiptica, whiche conforſte the ſtomake and eaſe the belye, but they hurte the breasſe and purtenāce, as the lōges and pipe therof, they be holſome for the entrayles, and are harde of diſteſſion. There be other wynes that be Sharpe or lower: the whiche prouoke one

to

to pisse, they do not engēdē humours, but they dissolve them: There be other wynes, that be bytter, but they be not so hotte, as Constantyne saith. The thyrd thing is, clerenes or bryghtnes, whiche sheweth the purenes of the wyne, and so consequentlye of the spirites therof engendred. The fourth thynge is, the colour. In theyr colour wynes varye, and differ greatly in theyr nouerching. For the ruddier wynes of the same parel do no rishe moze thā white. And therfore they be moze holsome for leane falkes thā whyte be, and whyte moze holsome for them þ be fat. And touchynge the diuersitie of wyne in colour, we haue spoken before at *oua recentia*. Farther in the texte are rehersed syue specialle thinges, by whiche a man shoulde proue and knowe good wyne. The fyfthe is, the strengthe, whiche is knownen by the operation. For as Galen saythe, stronge wyne is it that vehementlye enflammeth a mans bodye, and repleteþ or filleth the heed. This stronge wyne is a speciall encreaser of the spirites, and a greate nourisher. But yet I aduyse theym that haue a weake brygne to beware how they drinke stroge wyne, except it be well alayed with water. For the fumyshnes therof hurteth the heed. The secōd thynge is, fairenes of the wyne. For þ fayrenes or goodlynes of the wyne, causeth one to drinke it desyrously, whiche dothe cause it better to digest, and better to nourishe. The. iii. thynge is, fragrant and of good odour. For fra-

Constantyne.
theories.

Gal. iii. reg.
acuto. com-
mento. i.

H. iii. grant

THE REGIMENT

gr ant and redolent wyne comforteth moste, and engendreth subtyll spirates, as it is afore sayde. The fourth thyng is, wine ought to be cold, touchyng the taste, but hotte in effecte and operation. For wyne made hotte, by reason of the crenesse and fines, doth ouercome a mans brayne the soner, and enfebleth the snowes, & hurteth y heed, excepte it be taken moderatelye. The. v. thyng is, that wyne oughte to be friske and spynklyng, and with the spumyng to make a lyttell noyse, and the spume to be thynne and soone flashed, and the spume to remayne in the myddes of the cuppe. For if it haue not these p[ro]p[ter]ties, it must be called hangyng, that is feble wyne, and speciallye if it make no sowne, and hath greate bubbuls and spume, that remayne longe by the sydes of the cuppe.

C sunt nutritiva plus dulcia candida vina.

Here is one doctrine of wyne declared: the whiche is that grosse and swete wynes do nouryshethe more than any other of the parel. To this agre-

Constan. v. theoric. eth Constantine: and so dothe Auicen, sayenge on this wyse. Grosse wyne that is dulce, is beste for hym that wolde be fatte. The reason is, by-

Dulce. iii. t. de reg. aquae et vini. cause y dulce wynes, through theyz doulcetnes are vehemently drawen of the membres, wher-

Du. ii. tract. i. cap. iii. with nature reioyseth. For Auicen saythe, that the operation of doulce wynes do dygeste, mellowe, and encrease nouryshemet, and nature loueth theym, and the vertue attractyue draweth them

them. And al though this texte maye be verifid by all doulcet wynes, yet the moderate doulce or swete wyne, is to be chosen, and not that that is excedyng doulce, as muskadell: For suche wynes doo corrupte the bloud, by reason that nature draweth it violently from the stomake to the lyuer, before it be well digested, and before the superfluitie therof be ryped, and through the greate doulcetnes therof, it sylleth the bloudde with vndigested watrynes, that makethe the bloud apte to boile, and puttrifie. And this also shulde be vnderstonde by other meates that be excedyng swete. And farther wytth well, that of the vse of swete wynes and other doulce nou-
 ryshementes.iii. inconueniences are to be feared, specyallye of them that be inclyned thereto. The fyfthe is, lothyng: for the swete foodes, through theyz heate and moysture souppull and sylle the mouthe of the stomake, and there engendre a disposition contrarie to the vacuation and corru-
 gation of it, that shulde cause hunger. The. ii.
 is, these doulce foodes doo swyftly enflame and tourne in to coler. For doulce thynges are moste apte to engender coler. Therfore honys aboue all other thynges soonest engendreth coler, bycause it is of swete thynges the mooste sweteste: and nexte honye is swete wyne, as Galen saythe. And here vpon ryleth thynges: noz it is not holsome for them that haue the ague, noz for colerike folkes. The. iii. is, opilation or stoppyng
 of

Thre incō
 ueniēce en
 gēdred of
 doulce fo-
 des.

Ga. in com-
 mento can.
 iii. partica.
 regim. acta
 eorum.

THE REGIMENT

of the lyuer and splene; for these. ii. membris (and specially the liuer) do drawe dulce thynges with theyz dregges unto them, by reason of the great delyte þ they haue in them, before they be digested. Wherfore in these parties they lyghtly cause opilations, throughe the helpe and operation of the grosse substance, wherin the sauoynes of swetenes is grounded, as Aluicen saythe. And this is the cause that swete wyne dothe lesse sterre one to pylle than other wynes. Agaynste these. iii. nocumentes eger or sharpe sauoynges are verye holosome: for with theyz tartenes they prouoke the appetite: and with theyz coldnes they quenche enflamacion, and with theyz fynges of substaunce they open opilations. Farther wytteþ well, that al though swete wynes, and other dulce noþshementes, stoppe or shutte the liuer & splene: yet they vntoppe the longes. And the reason why they stoppe not the longes as well as the liuer and splene, Galen declareth, Bycause dulce thynges in theyz passage, resude noþyng there to, but that that is fyne and pure: and the bloud engendred of dulce thynges comethe to the longes, purified fyfte in the lyuer, and fyned in þ harte. Also as Hippocrates sayth, Dulce wynes do leest make one dronken. Thus we may conclude, that if wyne be dronke for noþshement, for restoratiue of the body, or to make theym fatte that be leane, whether it be natu‐rally or accidentally: þā dulce wines and gros, suffici-

*Aut. ii. can.
trac. i. ca. iii.*

*Gal. iii. pt.
reg. acut.*

*Hippo. iii.
partic. regi.
acuto. can.
Mente le.
wines. &c.*

sufficiently colored are holsome. For such wines are nourishementes and restozaues for such as be lowe brought. wherfore they be moste convenient to make leane bodyes fatte. But such as wyll not nouyshe, restoze, nor make fat theyz bodyes, as they that be coysye and fatte alredye: than though they may not vse swete wynes but subtile, yet they ought to chose such as be amiable and haue good sauour & flauoure, and are inclined to whytenes, and be sufficiently strong. If one dynke wyne to quenche his thirste, than he muste take whyte wyne, thynne and feble. For such wynes do myste better, and couleth more, & so consequently do better quenche thirste than any other: And the greater the thyriste is, the holsomer suche wyne is. But if so be wyne be dynke to refresche the spirates, and to conforte the corporall vertue, than it wolde be subtile, swete, and of delectable sauour, of meene colour, and of sufficient strength: and such wyne ought to be taken with a lyttell meate, and it muste be depurated from eyther superfluite, and to be take in small quantitie. But doulce wynes of meane substance and of good flauour, shulde be chosen to scour the breste and longes, and to cause one to laske.

*Si uidum rubeum nimium quandoq; bibatur,
Venter stripatur, vox limpida turpificatur.*

This texte sheweth to vs two hurtes, that come by ouer moche dynkyng of redde wyne. The

A firste

THE REGIMENT

lyste is that ouer moche drynkyng of red wine
maketh one costiue. The cause, as some saye is,
For such redde wyne heateth more than other
of the parell, and is more nutritiue. For in that
that it is hotter, it drypeth more: and in that
that it is more nutritiue, it is more desyrouslye
reteyned of nature. But yet this texte maye be
vnderstande by ouermuche drynkyng of byn-
dynge redde wyne, whiche is some what eger,
charpe, and costyue. And concerninge this, wit-
teth well, if the stomake or the guttes be feble in
they naturall operation: that than red or blacke
wyne, called styptike, that is some what tarte,
ought to be vsed an dronken, as they vse to do,
that by debylite of stomake are laxatiue, and can
holde nothyng. This sayth Hippocrates in the
canon Palmeus quidem.&c. And also Galen in the
coment of the same. But he that wyll conforde
the vertue of digestion, the clene wyne or meane
in substance and colour, of good and conuenient
sauour, and of sufficient strengthe, & some what
stypticke, is most holsome. The second thing is,
horesenes of þ throte, the whiche hooresenes some
redder wynes do cause and enduce through their
drynes and erythynes. And this hurte commeth
also by drynkyng of redde wines that growe in
the parties of Wabant, through they styptic-
tie and erythynes: and specially this greke chan-
ceh whan the sayde wynes be not fyned. But
yet they make not a man costiue. For must, that
is

is very red, is wont to cause the saxe, by reason of his erythe dregges myngled there with all: the whiche byteth and gnawethe the guttes: of whiche gnawynge cometh the saxe. And suche wyne shulde not be dronke tyll it be fyned. For so longe as it gnaweth, through the eryth dregges therof, a biting fume is areyed to þ brayne, which gnaweth and byteth the eies, and maketh them redde: Suche inconueniences are engendred by newe vnsyned wynes of Brabant, whether they be white or redde, through theyr erythenes. The cause why this fume is mordicatyue, is by reason that the wyne that he cometh of, is mordicatyue. For Galen saythe: what so cuer is dissolued from a thyng, muste nedes be lyke the thyng, from whiche it is dissolued.

Gal. in com
meto illas
aphoris.
Et qui cres
cant. sc.

Callea, nux, ruta, pira, raphanus, et tiriaca,
Hec sunt antidotum contra mortale venenum.

CIn this texte are compyssed. vi. remedyes agaynst venome. The fyfste is garlyke: whiche is very medicinable agaynst suche inconueniences, as are wont to be engendred of water: and specyally it is holsome, if one happe to dynke noughty corrupt water. Wherof **S**erapiō saith: That if one eate garlyne fyfste, and dynke corrupte water after, it shall not hurt hym. Wherunto **A**uicen agreeth. The same operation is also in oynpons, as **A**uicen saythe, and so oynions may be comprehended vnder garlike. And **A**uicen saythe: that an oynion is subtle, percyng,

Garlyke.

Serapiō in
segre. ca. de
alio.
Aut. ut. can.
ca de alleo
Et. int. i. ca.
de cōstria.
a noe. di.
aquarum.
Aut. ut. can.
ca. de cepis.

J.ii. and

THE REGIMENT

And scouryng, with stiptycyte: and openeth strōglye, and it is hotte in the thyȝde degree, wherfore it heatech yll waters, and letteth that they with theyȝ coldnes hurte not the stomake: and it maketh grosse humours pure, and causethe them lyghtely to issue. And vinegre myrte with an oynion doth greatly fortifie his subtyle and percyng e or entrynge vertue, and kepereth one from thyȝstines, the whiche eatynge of oynions is wont to cause. This same is verified of garlyke. And Auicen saith, that after one hath d̄rōke grosse and troublous waters, he shuld eate garlyke: for it kineth them, and maketh them lyghtly to discēde: and letteth that they hurte not the stomake and entrayles: and that they stoppe not the beynes. And garlyke is good to eate before one take his iourney. And it is one of the beste and mooste holosome thynges that can be for them that come out of a cold ayze, or go in to it, as Auicen sayth. And by this appereth, that garlyke is specially good for them that iourney and wāder ouer diuers coūtres, and vse diuers dynkes, accordyngc to these verſes.

*Aut. lit. i. ca.
de regendo
inter.*

*¶ A llea qui mane ieuno sumplerit ore,
Hunc ignoratum non ludit potus aquarum.
Nec diuersorum mutatio facta locorum.*

¶ *Moze ouer garlyke (dronke with wyne) is good agaynste the styngyng of venomous wormes, and bytynges of serpentes, whiche thyngi Auicen sayth, that he proued. And also it is good agaynst*

*Aut. ii. can.
de alko.*

gaynste the bytynge of a madde dogge: and a playster made of garlyke, fygge leaues, and comyn, is good to laye to the place that is bytten with a venomous beest called mugal. Also an oy-nyon, as Auicen saythe, is holsome to annoynce þ place that is bytten with a madde dogge, with the ieuse therof, or a playster therof made with salte and rewe. And an oy-nyon eaten, expelleth the hurte of venomous thynges. And some say they engendre in a mans stome a moyste humour very holsome agaynste the hurte of venomous thynges. And here is to be noted, that garlike, oy-nyons, and also likes are not holsome for temperate bodyes, nor hotte, and speciallye whan they be eaten rawe. For than they noyshe very lyttell, and yll, and they engendre sharpe prickinge bloud: yet they make grosse humours subtile, and breake or cutte clamyngh humours. And whan they be sodde, they lose the pricking, and yet than theyz vertue inclyue or cuttyng, and subtylatyue remaynethe. Therfore whan they be sodde, they be holsomer thā rawe. Lykes be hotte and drye, and theyz nouryshement is naught, they hurt the eies, and engendre blacke melancoly bloudde, and cause terrible dreames: they hurte the senowes with theyz prycynges: and they hurte the tethe and gonnnes: and coleryke and melancoly folkes shuld not use to eate them, and speciallye rawe. Dynyons be hotte, and they haue an eryng superfluous heate, with

*Eatinge of
lykes.*

*Eatinge of
oy-nyons.*

¶.iii. a wat-

THE REGIMENT

a wattrishe moystenes, subtile, and vndigested, If they be eaten rawe, they engēdze yl humours and corruptible putrifactiōs in the stomake, and they cause yll dzeamēs and dzedefulle, and also heed ache. And if they be to moche vſed, they marre the memory, and trouble the vnderſtādinge, and make one beside hym ſelſe. But whā they be ſodde with the brothe of good fleſhe, and eaten, they cause good digestion, and their hurtfulnes is dynynyſhed, and they moderate the coldenes of meates, where with they be ſodde: but the beſte is, not to vſe theym. Garlyke is hotte, declynynge ſome what to humiditie, but leſſe than oyynions, it is medicinable agaynſte ventolſytees and eke the cough, and it maketh one to ſpytte well, but it hurteth the ſyglte, and bredeth heed ache: and it is tryacle for vplan- dylſhe men. And thus the forſayde thynges are holsome for them onely, that haue in them fleu- matike groſſe and clammye humours, but co- leryke folkes ought to abſteyne from them.

The use of
nuttēs.

Art. ii. can.
ca. de nuce.

The ii. thyngē is walnuttēs: wherof Aluſen ſaythe: that it with fyggēs and rewe, are medicinable agaynſt all maner of venome: and of walnuttēs, of oyynions, & of ſalte is made a play- ſter to laye to the bytyngē of a madde dogge. And this ſpecially is vnderſtāde of a dyre nutte, that is eaten beforē meate in fourme as is afore ſayde. And wytteh well, that dyre nuttēs are worse than newe and moyſte. For the dyre are more

Diseſes en-
gēdred by
eating of
nuttēs.

more olype: by reason wherof they tourne to coler, and engendre heed ache, they hurte the eies, and cause swimmynge in the heed, and specially if they be eaten after meate, they cause the paulsey in the tonge, and prouoke one to vomite, & make blisters in ones mouthe, and they that haue a colerike stomake, ought especially to eschue drie nuttes, and the older they be, the worse they be. The newe nuttes haue lesse of ylle oylines, and therfore they engendre not the ache or swimmynge in the heed, and suche lyke dys-eases, as the drye do, and by reason of their slippery humiditie, they make one to haue the laske, And if they be a lyttell warmed at the fyre, and eaten after dynner, they presse and dryue downe the meate. And thus it appereth, that newe nuttis are more holsome for folkes in helth thā drie.

The thyde thing is rewe, wherof Auicen sayth, that it resysteth the poysen. And after he sayth: If one feare leste he shulde drynke poysen, or to be stonge of a venomous beest, let hym take.3.i. of the sede, with the leaues therof, and drynke it with wyne, and a nutte stamped and myngled together. And Arystotle saythe, that whan the welsyll wyll seyghte with the edder, or the toode, she eateth rewe fyft, and by reason therof sleeth the other: for the smel of rewe is foo to poysen: The eatynge of rewe in the moynnge with figges and swete almons, preserueth the one from poysen. Here is to be noted, that ther be two kin-
des

Of rue cal-
led herbe
grace,
Aui.si. can.
ca. de ruta.

Trist. in li-
bis de anti-
malibus.

Two kin-
des of rewe

THE REGIMENT

des of rewe. The one is gardeyne rewe, the other is wylde rewe. The gardeyne rewe is better than the felde rewe. For the felde rewe is excedyng dyp. It is hotte and dyp in the fourth degree. Wherfore it is hurtefull to take moche therof. The gardeyne rewe is moyste hotte and dyp in the ii. and iii. degree. It perceth and resolueth ventositie, and specially if it be dyp. For

**Herap. ca.
de ruta** Herappon sayth, that dyp rewe of all medicins for ventosities is the best, and mooste holsome: but moyst rewe engendreth ventosite. Also rewe doth vehemently quicken the syghte, and specially the ieuse therof, with the ieuse of fenelle and hony made in an oyntement ozelis eaten, as

**Aui. ii. cā.
ca. de ruta** Auycen sayth. But yet for as moche as þ ieuse of rue hath a pprete hurtful to the eies, it were best to fayne wynde vpon your eyes therwith: and in noo wyse to touche your eyes with the materiall rewe. The fourth thing is peares: wherof

Peres. Auycen saythe, that they be holsome agaynst di-
**Aui. ii. cā.
ca. de pirus** seases that be engendred by mushroms or toode stooles. For peares sodde with mushroms, do a-
laye theyr hurtfulnes. ozelis this texte maye be
understande by peares aromatike, whiche by
reason of theyr swete smel, confortte the spirites,
and so they auoyde poysone. The fyfte thyng is

**Raddyshe
ecotes.** raddyshe: whereof Auycen saythe, that they be
**But. ii. can.
ca. de radi.** holsome agaynst the bytyng of a snake: and
whan they be dronke with wyne, they are good
agaynst the bytyng of the beaste called Cornute,
and

and the sede therof is good against al venomes. And whan the sede of radyshe is layde vpon a scorpioun, it steech hym, and the water thereof hath in that behalfe ben proued, and it is stronger than the sede, and if a scorpioun byte onethat hathe eaten radyshe, it shall not hurte hym. It is also verye good agaynste the chokyng of mushroms. ¶ It maye be sayde, it is good agaynste poysone, because it prouoketh the one to vomite; & so by reason of vomyng the stomake is purged of yll humours. And here is to be noted that radyshe and radyshe rootes are lyke of complexion, which are vnholsome for colerike folke: for they engendre a sharpe pryckynge bloudde: and radyshe is vnholsome for the stomake, for it maketh one to belche moche, and engendreth grosse humours. And if the digestion be feble, it engendreth rawe humours, yet it is subtylle, and of a percyng nature. And some men vse to eate radyshe after other meates to comforthe dysgestion, wherat Galen maruyleth: And connyngephisitians saye, that yf radyshe be eaten after other meates, it helpeth digestion: and vnloseth the bealye. But yf radyshe be eaten before other meates, it lyfteth vpwarde the meate, and causeth one to vomite. But it is holsome after other meates, to eate a lyttel quantitie of radyshe, yet neuer the lesse they hurte the eyes and the heed. Kasis sayth, that radyshe lyenge longe in the stomake, auoydeth fleume, and the leaues therof

K therof

THE REGIMENT.

Tryacle.

Rule. 6. 4.
trac. 3. ca. 1.

Rule. 5. 4.
trac. 1. ca. de
med. com.

Choysse of
holsome
ayre.

Halye. iii.
eg. in com.
illius cano.
Die hec sc.

therof do digest meate, and helpeth the appetite, if they be taken in a small quantitie. The syxte thynge is triacle, whiche of every sorte is good agaynst poyson, and therfore it is good bothe for man and beaste, as well colde as hotte. And vnder the name of triacle y noble medicyn Metridatis maye be compreñended, whiche two be lyke in operation. For Auicen of triacle saythe: ye shall vnderstande, that the greatest rule in curyng of poyson, is to comforste natural heate, and to labour to dryue it oute, as triacle dothe. And of triacle and the medycyne Metridates together, Auicen saythe: There be certeyne medycins contrarie to poyson, which wyl not suffre poyson to approche nere the harte, as triacle and Metridate.

Cær sit mundus, habitabilis; ac luminosus.
Nec sit infectus, nec olens fetore cloace.

This texte declareþ the fourre thyngeſ touchynge the choysse of holsome ayer. Of whiche the fyfte is, that one ought to chose a clene ayer, that is not infected with vapours. For vncleane ayer doth alter the harte after y nature of y complexion that it is myngled with, as Haly sayth. The ii. thynge is, one ought to chose a lyght ayer: for darke ayer maketh a man heuy and dulle spirited; for suche ayer myngleþ hit selfe with the humours in mans bodye, and soo beyng trowbled, it runneth to the harte, of the whiche and of the humours, grosse and troublous spirites ben

ben engendred, the whiche make one lumpy she
and slowe. Therfore there is no thyng that ma-
keith a man moze iocunde or mery and, lesse heuy,
thā to walke in a faire clere ayer, or to cyse yerly.
The. iii. thyng is; that we oughte to eschewe
infected ayer, that is where slaughter of people
hath ben: For comonlyn in those places, wher e
as great slaughter of people hath be, and in pla-
ces nere ther unto, foloweth great pestilence: for
whan we drawe in the infecte ayer, it infecteth
the spirates in our bodye. The. iiiii. thyng is,
we shulde eschewe gunges, sinkes, gutters, cha-
nels, stynkyng ditches, and al other particuler
places that are infected with carreyne; and pla-
ces where as dead carkeses or dead folkes bones
are caste, and places where hempe and flaxe is
wattered: for the ayer so infected, dothe infecte
the spirates of our bodye, and spacyally hurteth
the brayne. And therfore Iuuen saythe, that as
longe as the ayer is temperate and clere, and no
substaunce contrarye to mans nature myngled
therewith; it causethe and conserueth a mans
helthe. And whan it is changed; it dothe con-
trarie to the operatio therof: and for a moze de-
claracion of the foysayd thynges, wyteth well,
that the ayer in the regimant of helth is necessa-
rie, ii. wayes. Fyse, for the refreshyng of the
harte. Secondly, for the auoydynge vute of fu-
myshe superfluities, that trouble the spirite and
natural heate: for like as we se by extreyn thin-

guten st. l.
doct. ca. i.

R. II. ges

THE REGIMENT

ges as the fyze without faintyng of the ayre is choked and quenched: so lyke wyse we may imagin, that the spirites and naturall heate in man had nede to be nouryshed, coserued, and attempered. The attemperace of naturall heate is caused by drowynge of the ayre, and the pourgynge therof is caused by expulsynge of the ayre. The fyrete is done by motion of the attraction, and the seconde by motion of expulson: Therfore if we drawe in stynkyng and vncleane ayer, it corrupteth in vs the naturall heate and spyppte: Therfore the ayer shuld be fayre and clere, without vapours and mystes: it maye not be troublous and cloudy, nor myred with yll vapours. For suche aire troubleth the humours, and maketh a man heuye and sadde, as is afore sayde: The open ayer ought to be chosen, and not betwene walles or houses: and truly to speake, the close ayer shulde be eschewed, yet never the lesse in the tymme of pestilence, whan the ayer chaunceth to be infected, the close ayer is to be chosen. Therfore at suche seasons, it is good for vs to abyde within our houses, and to kepe our wyn-dowes faste shutte, leste the putrified ayer shuld enter in: But els the open ayer is beste. Farther in the regiment of helthe, that ayer ought to be eschewed, the whiche is myred with vapours of lakes and depe pycches, conteynynge stynkyng waters: and of certeyne herbes, as colewoordes, honlockes, & suche lyke: and of trees, as sygge trees

treees, and walnutte treees. Farther that ayer is to be chosen, wherin the wynde blowethe frome hyghe or egall grounde. And also we oughte to take good hede, that the ayer excede not in any of his fyſt qualytees, that is to ſaye in heate, colde, moſture, or droughe, whiche if it chance, it muſte be tempered by crafte as moche as is poſſible. These thynges Auiſen teacheth.

Quic. II. 1.
doct. ii. de
diuersis.

¶ Si tibiſerotina noceat potatio uina.
Hora matutina rebibas, et erit medicina.

This teſte teacheth one doctryne, the whiche is this, if a man be diseased by dynkyng of wyne ouer nyghte, lette hym on the morowe a freſſhe dynke wyne agayne. For eyther dynkyng of wyne ouer nyght cauſeth dronkennes, thyſt in the morwynge, or els inflammatiōn of the body. If it enflame the bodye, than it is ryght vnholſome agayne in the morwynge to dynke wyne a freſſhe, for that were as one shold lay fyze to fyze: But yf one hap to be dronke, & therwith þrake a lyttell: than it were holſome for hym to dynke wyne a freſſhe agayne in the morwynge. For the dynkyng of wyne than agayne, dothe lyghtly cauſe one to vomite, wherby the ſtomake is clenſed: and by reaſon of clenſyng of the ſtomake, the hurte of dronkennes and þarbakynge gothe away lyghtly. And therfore Hippocrates counſayleth vs to be dronken ones a moneth: that of the dronkennes maye come vomyng: which thyng preſerueth vs from yl dyſeaſes of long continuance.

B. III. anſe.

THE REGIMENT

ance. If the dynkyng of wyne ouer eue dothe hurte one, by reason that he is not accustomed to dynke wyne: than he may dynke wyne agayne in the morwynge, to accustom hym: and so the dynkyng of wyne shall the lesse hurte hym. For as Hippocrates sayth, of acustomable thing cometh lesse grefe. But in case that thyristynge in the morwynge doth folowe on dynkyng of wyne ouer eue, than to dynke water in the morwynge is beste to coole his thyriste. And for as moche as we haue spoken of hurte that cometh by dynkyng of wyne: wytteth well, that he that hath a feble brayne, of what so euer other condicion he be, he ought to be wel ware of dronkennes. For to be oft dronken as Iuicen sayth: is cause of. vi. inconueniences. Of whiche the fyfthe is corruption of the lyuers cōpletion. For wyne excessiuelye taken comethe to the lyuer, and resolueth the heate therof, wherby the lyuer loseth his naturall generation of bloude: and in the stede of bloudde, it engendreth watrishenes, and causeth the dropsy, oxels it cutteth the lyuer or the humours therof, wherby lepre or wodnes is engendred. The ii. thyng is, the corruptyng of the braynes complection, by reason þ thycke & continuall fumes of the wyne ascend thereto, the which dispose the hotte braine to wodnes and frenesye: and the colde to the falynge yuell, forgetfulnes, and palsey. The iii. thyng is, weaknes of the senowes. For we se cōmonly

Hipp. II. a:
phousimo.
Ex multo
tempore. sc.

Balz. II. f.
ca. de regi.
aque et vini

Sixe incon
ueniences
engēdred
of dronkē
nesse.

monly, that these dronkerdes haue the palsey in theyz heed and other membres, as well in youth as in age. The.iii. thynge is, diseases of the senowes, as the rāpe and palsey. For superfluous dynkyng of wyne, oft times turneth to vineger in the stomake, whiche hurteth the senowes.

Also oftentimes, for faute of digestiō, it torneth in to vndigested wattrishenes, which doth mōlifie the senowes, and often tymes it enduceth or draweth grosse humours to the senowes, wherby they be stretched oute, or drawen together.

The fyfte thynge is the palsey, that the humidites of the brayne, encreased by wyne, doo engendre: so that they stoppe holly the wāys of þis lifelij sprītes, that procede froine the brayne to the other membres. The. vi. thynge is sodayne dethe, for whyle the dronerde snorteth or slepeth, his wynde pypes are closed or stopped with the abūdāce of wyne or humidites therof engendred, wherby he is sodaynly strangled. And though the immoderate dynkyng of wyne causeth the forsayde inconueniences: yet wyne moderately taken, is holsoine dyuers wāyes. And Auicen reherseth. v. bontyes of wyne moderately dronke.

The fyfste is, that it easely conueyeth the meate that it is myngled with, to all the membres of the body, throughte the heate, subtilite, and hyd conuenient propertie therof. The secōd thing is, it digesteth and resolueth fleume throughte the heate and subtilte of his substance, and maketh

Fyue boone
tēs of wine
moderately
dronke.

THE REGIMENT

Por pties
of melan-
colye and
wyne.

it apte to auoyde out, openethe the wayes, and
comfozeth nature to dryue it out. The thirde is,
it auoydeth redde coler by bryne, and by other
insensible vacuations, as swette and suche lyke.
And this is to be vnderstande of claret or whyte
wyne, the whiche is feble of nature, oxels alayde
with water: for other wyse it wyll encrease coler,
by turnyng it selfe into coler, and inflammatiō
of the lyuer. The. iiiii. thynge is, it causeth me-
lācolynes, the whiche is grosse, and moueth slo-
wely, easelye to passe throughe the pipes or cun-
dyles therof, frome the lyuer to the splene, and
from the splene to the brymme or mouthe of the
stomake, & at laste with the dragges, to auoyde
out of the bodye. And it declyneth or represeth
the hurte of melancolynes, throughe contrary-
ousnes of complection, and maner of substance,
in the effectes therof. For melancoly engendreth
heynnes, fayntnes of harte, and couetousenes:
but wyne engendreth ioye, boldnes, stoutnes of
stomake, and lyberalite. The fyfte thynge is, it
resolueth all causes of werynes, excepte it be
mycte with some other meate. For wyne reu-
ueth the resolute spirites agayne abundantly,
and dothe comfozeth naturall vertue, and taketh
awaye or diminisheth humidities that be lefte or
remayne in þ musculs, in þ senowes of the hart,
or in the ioyntes. And yf the bodye be dryed by
werynes, and nedethe moystyng, wyne moy-
steth it quycelye, so it be allayed with water.

Far-

Farthermore besides these thynges, wyne hath many other good properties. For aboue al other thynges wyne is a swyfte and a sodayne nou-
rysher: it conforteth the heate and naturalle
spirites, and heateth all the bodye, it clereth the
wyte, it appeleth anger, it dryueth awaie he-
uynes, and stereth to bodily lust. And no drinke
dygesteth rawe humours so well as wyne. And
wyne maketh one manly bothe in stomake and
body. And they that drinke no wine are nothing
in regard of theyz egals that drynke wyne, ney-
ther in stomake nor corage.

Gignit et humores melius uinum meliores.
Si fuerit nigrum, corpus reddit tibi pigrum.
Vinum sic clarumq; uetus, subtile, maturum,
Ac bene limphantum sалиens moderam:ne sumptum

AThis terte declareth one doctrine of wyne: & that is this, the better that wyne is, the better humours it engēdret. The cause is, for blacke wyne is more grosse and erythe than any other: and therfore þ spirites therof engēdred be gros: And Galen saith: Grosse spirites make the body heuy or slowe. And farther there be. vii. doctrines rehersed touchyng the election of wyne. The fyſte is, wyne ought to be clere. For ſuche wyne by reason that it is subtile, engendret the subtile and clere spirites. The. ii. is, it oughte to be olde and not newe. For newe wyne or must dooth sooner ouercome ones brayne, and make one haue the laske, than any other of the patell:

Vii doc-
trines to
choſe
VVyne

L it

THE REGIMENT

it engendreth the colyke and other accydentes,
that shall be declared after, whan we come to,
impedit urinam. For ye shoulde not understande,
þ wyne ought to be to olde. For suche wyne, as
Aulen saith, is as a medicine, & not as drynke.
For suche wyne dothe rather alter a temperate
body to heate and droughe, than nouryshe it.

late. iii . i.
ca. de regi.
aque et vini

For whan it is so very olde, it receyveth agayne
his fyreste naturall verdure and sharpenes, and
is than all firy. wherfore þ aggregatoꝝ wryteth,
that it is hotte and drye in the thyrd degree.
The thyrd lesson is, that wyne ought to be sub-
tile. For subtile wine maketh the spirites of man
subtile, & grosse wynes engendre grosse spirites.
The fourth doctrine is, wyne shuld be rype, and
not verte or eger, for elles it wyll deprysue man
of al his natural vacuatiōꝝ and good helth, as
Galen saythe. And therfore it is hurtefull for
theym that wante euacuation by wyne and all
other theyr upper membres, yet as Galen sayth,
suche stiptical wyne is holosome for diseases that
chaunce in the guttes. And the stipticalnes of
wyne maye be put away with moche myngling
of water. The fifte doctrine is, that wyne shulde
be alayed with water: For therby the fumolite
of the wyne is put awaye: and so it dothe lesse
ouercomme the brayne. This is of trouth, if the
wyne be subtile, but if it be grosse, it ouercom-
meth the brayne the sooner, for therby it is made
subtile and moze fumysshē. And of this wyne

Aggrega-
tor cap. de
vite.

Gal. in com-
mēto. ii. cā.
iii. par. reg.
acutōꝝ.

Aulen

Auicen vnderstode whan he sayde, that wyne a-layde with water doth soner ouercome þ brayne than cleane wyne. The. vi. doctrine is, wyne shulde be spynkelynge whan one tasteth it, and this is one of the condicions of good wyne, before sayde. The. vii. doctrine is considred in the dynkers condicion, and not of the wyne: that is, one ought to dynke wyne temperatelye.

For wyne temperately taken, sharpeth the witte, and engendreth all the holsome thynges before declared. By all these thynges here expressed we may conclude, that wyne that oughte to be chosen and is best in the regiment of helthe, is meane wyne egall betwene olde and newe, clere, some what redde, of good odoure and flauour, of egal flauour, that is neyther eger, sharpe, nor swete: whiche is not grosse, nor to moche subtile, and eke that it be not to stronge nor to weake: and that it growe not on stony and hylly grounde, nor on simple playne and earable groundes, but on hyghe gronde, lienge opē towarde the south, in a countrey not to hotte nor to cold. Touching the regiment of wyne, concernyng the ages, þ rules that Auicen putteth are to be wel noted. The fyfte is, to gyue chyldren wyne to dynke, is as one wolde lay fire to fire made of drye wod: For chyldren be tēdze & soone enflamed, throught the abundance of theyz naturall heate, and theyz senowes and brayne be weake and feble. Wherefore wyne hurteth them many wayes. But spe-

cially

ut. III. t. ca.
de regimt,
ne aque et
vini.

L.ii. cially

cially by quycke inflammation, by hurtypuge of the brayne, by lyghtly percyng of the senowes, and abundant fumolite. Therfore whan one giueth chyldren wyne to dynke, the inflammyng heate of the wyne is added to the flamyng heate of theyz bodyes, which are of as small resistance, as drye styckes, reedes, or towe, is agaynste the fyre. The secōd rule is, that one may gyue an old man as moche wyne to dynke as he can beare without hurte, that is, as moche as his naturall and due appetite desyret. For lyke as olde bootes and buskyns that be drye and wrinkeled be made souppule and playne with olyng: so lyke wyse ben the bodyes of olde folkes by dynkyng of chosen wyne, as wyne of Beuuoygs. Auncient folkes are colde, and wyne heatethe: theyz spirite is heuy, & they be full of melancoly: and wyne maketh them merye, and represeth melancolines: and commonly olde folkes slepe yll, and wyne maketh them to slepe well. Olde folkes be disposed to opilatiōs, & wine openeth. And lyke as wyne is to chyldren most contrary, so for olde folkes it is moste holsome. The. iii. rule is, that yonge folkes shulde dynke wyne tēperately, whiche temperately is to be vnderstood measurable quantite, and conuenient alayenge with water. And al though that yonge folkes are as hottē as chyldren, yet theyz mēbres be more sounde, and theyz senowes & brayne more stonger, wherby they maye the stronglyer resulthe

the

the hurte that commeth by dryn kynge of wyne.
 Many good thinges come by drynkyng of wine
 sobzely, that is to saye, the boordynge of choler,
 the quickening of the corporall myght and wyt,
 and the abundance of the subtile spirites.

¶ Non sit acetosa cervisia, sed bene clara,
 De validis cocta grana satis ac veterata.

¶ This texte declareth. v. thinges by which one
 may knowe good ale. The fyfte is, that it be
 not sower, for that hurteth the stomake. A sower
 thynge, as Aulcen saythe in many places, hurteth
 the senowes, and the stomake is a membre
 full of senowes, spesyally about the byymme or
 mouthe. The. ii. thynge is, that ale muste be
 clere: for troubled ale is a stopper, and hurteth
 them ouer moche that haue the stone, it fattereth
 and enflateth, and maketh one shorte wynded,
 and engendreth moche sleme. The. iii. thynge
 is, that ale shulde be made of good coyne that is
 not corrupte, that is to saye, of the beste barleye,
 wheate, or ootes: for the better the coyne is, the
 better is the humour therof engedred. The. iiii.
 thynge is, that ale oughte to be well sodde: for
 that causeth it þ better to be dygested, and more
 amyably to be receyued of nature: and the inco-
 ueniēces therof growynge, are the better boorne:
 for if the ale be not well sodde, it engendreth
 ventosytes in the bealye, gnawynge, enflation,
 and colycke. The. v. thynge is, that ale ought
 to be stale and wel pourged. For newe ale engē-
 dreteth

L.iii. • dreteth

THE REGIMENT

Dreth the same hurte that ale doth, the whiche is
not well sodde: and also doth lyghtly b̄eade the
strayne coylon.

De qua potatur, stomachus non inde grauetur.
Here is taught one lesson touching þ vse of ale.
That is, one oughte to dynke it moderately, so
that the stamake be not hurte therby, nor dron-
kenes caused. For it is worse to be dronke of ale
than of wyne, and endureth longer: and the fu-
mes and vapours of ale that assende to the heed
are grosse, wherfore they be not so sone resolued:
as they that be mounted vppe by wyne. Where-
upon it is to be noted, that in the begynnyng
of dyner or supper, it is holsome to dynke ale
befoře wyne; the cause is, for at the begynnyng
of our repast or dyner, the bodye is hungrye: so
that the stamake before we began to eate meate
was hungry, and so d̄ewe superfluites from the
membr̄es. Therfore if we begynne with wyne,
by reason that nature greatlye desp̄zeth it, and
for the great nouryshement therof, the superflui-
ties, together with the wyne ben drawen of the
stamake, and are conveyed to the parties of the
body: but nature dothe not so desp̄zously drawe
ale. And also ale washeth awaie the humours þ
hange about the b̄yinme of the stamake. And
for this cause phisitions counsayle, that whan
one is moost hungrye, he shulde fyſte assay to
vomyte or he eate any meate, that those super-
fluites that be drawen to ḡther of the hungrye
stomake

Fromake, maye be boyded out, leste they be myngled with the meate. Lyke wyse he that fearethe to be thyristy by superfluous dynkyng of water, shulde dynke ale: for it quencheth vnnaturall thyriste.

CTemporibus ueris modicum prandere iuberis.

Sed calor & statis dapibus nocet immoderatis.

Autumni fructus caueas, ne sint ribiluctus.

De mensa sume quantum uis tempore Brume.

CHere the autho^r determineth, what quantite of meate shuld be eaten, after the diuersite of the fourre seasons of the yere, that is to saye, in ver or spryng tyme, sommer, autumnne, and wynter. He sayth that in the tyme of ver, we muste eate lyttel meate. To this Aupcen agreeth and saith, the reason is bycause in wynter mans bodye is not greatly gyuen to labour and exercys, rawe humours are encreased, and specially fleumaticke, whiche after the proportion of the season, than speciallye be engendred: whiche humours by reason of colde, are enclosed in the body, and whan ver or spryng tyme cometh, these rawe humours, getherd to gether, do melte & spredeth through all the body: wherfore nature is than greatlye occupied in digestynge of theym. And therfore in ver season, if one eate moche meate, it letteth nature to digeste suche fleumaticke humours, & causeth them to diuerte or turne another way: for by these humours a great quantite of meate, nature is ouerpressed. And so therby

Dyete af-
ter the. iii.
seasons of
the yere.

Aupcen. st. 1.
doct. ii. cap.
vi. et. iii. f.
doct. v. de
reg. reportis
cum recti.
auris.

THE REGIMENT

by such humours shall remayne in the body vn-
digested, and runne to some membre, and there
breede some disease. And therfore we ought to
take good hede, that we eate not great quantite
of meate in ver. For lyttell meate in this season,
is a speciall p̄servation frome diseases, than
than reigne, as Auten sayth. And this sayenge
is of a trouthe, frome the myddes of the ende of
ver, and not in the begynnyng: for the begyn-
nyng of ver is lykened to wynter: therfore tha
one maye noyshe his body as wel as in wynter.
And this also maye be thus vnderstande: if the
body be ful of humours whan ver cometh, than
meate is to be giuen after the natural heate and
resolution, that is caused of the bodye: for than
the cause is auoyded: for whiche meate shulde
be dimynished. To this Hippocrates agreethe
sayenge: Bealyes in wynter and ver are mooste
hotte, and slepe moost longe. Therfore in those
seasons, by reason that naturall heate is moche:
it nedeth moche nouryshement. Secondlye he
saythe, that to eate moche meate in sommer is
hurtefull: bycause that than the vertue of dige-
stion is feble. For the sp̄rites and natural heate,
whiche are the instrumentes of cozporall opera-
tion, are than ryght feble, sparpled, and resolute
by reason of the outwarde heate, þ whiche dothe
vehemently drawe them to the exterior partes:
and so causethe, that moche meate can not well
digeste. And here is to be noted, þ for as moche
as

Aut. II. 1.
doc. I. ca. vi.

as the vehement resolution of humydtyes, as well substanciall, as nutritmentall of the bodye is great, grosser, and moxe meate in somer shuld be eate, if y^e myghte digestiue coulde digest it: but because nature can not digest moche at ones, we muste eate a lyttell and ofte: as Galen saythe.

In somer we muste eate many tymes and lyttell, because the body hath ofte nedē, by reason of ofte dissolution. And al though lyttell meate shulde be eaten in the somer, yet one may dynke moch, by reason of the great resolution and droughte of the body: and the naturall heate of the bodye excedeth the moysture therof: and man is than moxe thystyle than other tymes: But yet than one ought to dynke lesse wyne, specially if it be pure, for suche wyne dothe soone enflame, and cause the naturall heate, augmented by the ardent heate of sommer to bourne: and therfore he that wyl dynke wyne in somer, shuld myngle it well with water: and forbeare olde and strong wyne. Thyrdlye he saythe, that in Autumne we ought to be ware of frutes, specially of the same season, as grapes, peches, fygges, and suche lyke: or at leaste to eate but lyttell of them, for suche frutes engendre bloudde, that is apte to putrifie, by reason of humours and boyllynge that they make in the body, and specially if they be received in to an vnclene stomak or a corrupt body, which for the moost parte chanceth in Autumne. And so than yll and fylthye diseases are

Gal. in eas.
com.
Et quibus
temel sc.
The teaso
that one
oughte to
eate lyttell
meate in
sommē.

To auoyd
eatinge of
frutes in
Autumne,

M en-

THE REGIMENT

engendred, as the pockes and other pestilent sickenes. And wytter well, that in Autumne hunger and thyriste shoulde be eschewed, and to eate moche meate at one meale, as Rasis sayth. The wyne also that is dronke in haruest, shulde be alayed with moche water, that it may moyste the bodye, and cole the heate, but not so superfluously alayde with water, as it is in sommer: nor to be dronke so superfluously: for by reason that nature is feble, it is not able to welde and digeste it: and to moche alayenge with water, distroyeth naturall heate, and increaseth ventosites: wherby the colycke is engendred. Fourthlye he saythe, that in wynter one maye eate as muche as he wyl, that is to saye, more than in other seasons, after the mynde of Auicen. And Galen saythe. In wynter moche meate leyserly shuld be eaten. The reason is, bycause the heate of our body in wynter is strongest, bothe by reason it is conieled to gether, and fortified by position of his contrary, that is to saye, the coldeenes of the ayer, enuironyng our bodyes about. And this is verified in bigge bodies and fleshy, and not in bare and feble: for on such bodies coldeenes of wynter inclined, doth not comfort with heate, but dothe make them moxe feble: for in wynter as Hippocrates saythe: bealys be hottest of nature, and slepe moste longe. Wherby it appereith, that the grosse nouryshementes and hardest of digestion are moxe holssome in wynter than

Rasis iii.
a'm.ca.de
reg.coppa.
secundum
tempus.

Gal.in can.
aph. Et qui
bns semel.
sc.

than in other seasons, bycause the heate is stronger: But the wyne that is dronke in wynter, shulde be as ruddy as a rose, and not whyte, and alayed with a lyttell water. Here is to be noted, that all though by the strengthe of heate, and vertue of digestiō in wynter, the grosse & strong meates are moze holsome, yet bicausē season is disposed to opilations and repletions, by reason of moche fleume, it were holsome to vse meane meates, betwene heup and lyghte, grosse and subtle; as kydde, beale, mutton, pykes, perche, and creuesse. And they that vse grosser meates, as befe, pozke, venison, gottes fleshe, and suchelike, shuld eate but one meale a day, oxels to vse meates laxatiue, as persely, cressis, mustard, and suchelike, and to vse great labour.

¶ Saluia cum ruta faciunt tibi pocula tutā.

¶ Adde rose florem minuit potenter amorem.

Here the auctor descriueth. ii. remedies agaynst yll dynke. The fyſte is sage leaues. sage put in to the dynke, fordothe the hurte of it, and also it conforteth the ſenowes and brayne, the whiche conforted, dothe the better reſiſte the yll fumes; that of the yll dynke ascendyng there vnto. The ii. remedy is rewe, wherof if the holle leaues be put in to the dynke, the vertue of it fordothe the malycē of the dynke. And howe good and hollomie rewe is agaynſte poysou, it hath ben declared before at Alles, nux, ruta, &c. And this teſte ſaythe, that to the two forſayde herbes we

M.ii. may

Herbes
hollomie
put in to
dynke.

THE REGIMENT

maye put the rose flower. And this oughte speciallye to be vnderstonde of a redde rose, for the swete smelle and sypticalnes therof, amendeth the malyce of the dynke.

CNauesa non poterit quemq; vexare marina
Aurea cum uino mixtam si sumferit illam.

A remedy
for parbra-
kyng on
the sea.

Auct. iii. i.
de reg. iter
agentis in
mari.

Gulc. iii. i.
doc. ii. ca. ii.

Here the auctour teacheth a remedy, howe they that are not accustomed to passe the see, maye auoyde parbrakynge or spuynge. He that wyll passe the see, muste a fewe dayes before he take shyppeynge, myngle the see water with his wine. This is a remedy for them that be ryche, but if it be a pooze manne, than he muste dynke see water, that he maye easelyer eschewe spuynge. The reason hereof is, bycause the see water is saltc, and so with his saltnes and stipticite, that foloweth saltnes, it closeth the mouthe of the stomake, and therby fordoeth spuynge. And here is to be noted, that as Auycen sayth, a trauayler on the see, shuld not moch go about to withstade or to forbeare parbrakynge or spuynge, at the begynnyng, but to vomte vnyll he thynke hym selfe well pourged, for that preserueth hym from many diseases, and not onely preserueth, but also healeth or alleuiatith greuous & greate diseases, as lepre, dropsy, pally, coldenes, and swellyng in the stomake. Thus sayth Auycen. But in case that the traueler on the see spewe so moche, that he therby is ryghte greatly febled, than he muste restrayne hym selfe by eatynge of stipti-

stiptical and sower fruite, as vntripe fruite, crab
bes, sower pomgarnerdes, and suche lyke, wher-
with the mouthe of the stomake is comforted,
and the humours expelled downe: and also the
stomake therwith is cōforted, and the humours
flowynge there unto by takyng of the water, are
driven away. Ørels we may take musterte sede
dryped by the fyze, and drinke it with wyne, or
woymewode maye be eaten or dronken, or a coste
wette in redolent wyne is good to eate. And ge-
nerally tarte meates be good for trauaylers on
the see, for they confort the stomake, and pro-
hybte vapours and fumes that wolde ascende
to the heede, as herbes sodde in byneger, or in
the ieuse of sower grapes.

¶ *Salvia, sal, uinum, piper, allea, petrocillium.*

Ex his fit salsa, nisi sic commixio salsa.

Here the auctour teacheth vs to make a cōmon
sauce if we lacke a better. And. v. thynges gnoth
to the makyng of this sauce. The fyſt is sage,
wherwith we maye make sause for a goose roſte
or ſodde. For cōmonly a goose or a pygge roſted
is ſtopped with sage, to drye vp the hunydites
and clamynges of them, and also bycause the
fleſhe ſhulde ſmell ſomewhat therof, but yet af-
ter it is roſted, the sage wolde be caſte awaſe
and not eaten. Lyke wyſe of ſaage uplandysſe
folke make a ſauce to eate with a goose: for they
ſtampe ſage and garlyke together, that the ſage
maye abate ſomwhat of the garlykes ſauour.

To make
a commō
ſauce.

¶.iii. The

THE REGIMENT

The second thinge is, salte with wyne, and this
sauce is for ryche and noble men. For whan they
wante musterte, or verieuse, they put wyne in
a saucer, and myngle it with a lyttell saulte.
The thyrd thing is peper, a sauce for vplandysh
folkes. for they myngle peper with beanies and
peason. Lyke wyse of rosted breadde, with ale or
wyne, and with peper they make a blacke sauce,
as it were pappe, that is called pepper, and that
they caste vpon theyz meate, fleshe, and fyfhe.
The fourth is garlyke, wherof the vplandysh
people make a sauce, for they myngle softe chese
and mylke, and stampe garlyke together, and so
they eate it with theyz meate, whether it be ro-
sted or sodde, salte or freshe, and with harde egges.
The v. thing is persly, of persly leaues stamped
with verieuse or whyte wyne, is made a grene
sauce to eate with rosted meate. And here isto be
noted, that sauce or sauces vарьe after the sea-
sons of the yere. For in hott seasons, it muste
be made of colde thynges, or of stiffe of lyttell
heate, and in colde seasons contrarye wyse.
Therefore somer sauce shulde be verieuse, eysell,
or hyneger, the iuce of leminons, or of pomme-
garnades, with rose water, and suche lyke. And
other whyle in sauces made in sommer, one may
putte a lyttell pellitorie and perslye, to attempze
the coldenes of the forsayde thynges. But the
mattier of the cōpetent sauces in wynter is mu-
sterre, carlobe; gynger, pepper, cynamom, ge-
lofers

loffers, garlyke, sage, mynites, pelytorpe, and perlye, wyne, water of fleshe, vinegre not to stronge, but verpe nere to the nature of wyne. And in meane seasons, þy sauces shulde be mean, neyther to hotte nor to colde. **S**econdlye sauces differ by reason of the meates for whiche they be made: for one mete will haue one sauce, an other meate an other sauce: as lordes cokes knowe. **S**auce for mutto, beale, & kyddie is grene sauce, made in somer with vynegar or verieuse, with a fewe spices, and without garlyke, otherwhyle with perlye, whyte gynger, and tosted breadde with vyneger. In wynter the same sauces be made with many spycys, and a lyttell quantite of garlyke, and of the best wyne, and with a lyttell verieuse, or with musterte. **S**auce for rosted befe is made with pepper, tosted breadde, broth of fleshe & grapes. And the same sauce is good in winter to eate with porke. Also porke in somer may be eaten with vyneger and perly at the beginning of dynner. But in case that the foiald meates be baked, and specially befe and porke, and in winter, than serue in a whyte oynion, and a smal quantite of swete spice beaten in pouder. But in sommer serue it in without oynions, and with verieuse, or els with a fewe small oynions. And if the pastes be made of more stendre fleshe & lyghter of digestion, than serue no oynions therwith: but in sommer almon mylke with verieuse, and a lyttell blanche pouder: And at the laste

THE REGIMENT

Dyuers
good sau-
ces for so-
dri meatis

last ye may put therto, an egge broken with ver-
ieuse. But in winter in the stede of verieuse take
wyne, and moze spyce. With rosted rabbettes
and chekyns, sauce made with cynamome, crū-
mes of breadde, and with verieuse in sommet
season is holsome, and in wynter with wyne.
For rosted porke in wynter take of the dyping
tempered with good wyne and oynpons: and
in sommer take the grene sauce aboue named.
For rosted fesantes, pygyons, and turtyls, take
none other sauce but salte. For boylde capons
and cockes, take of the same broth with a lyttell
blanche pouder. And namely in wynter if they
be boyled with sage, Isope, and perslye, this is
good sauce: and in sommer, the brothe of the ca-
pon, and a lyttell vergis myngled together is a
holosome sauce. For fatte capons and hennes ba-
ked, serue in none other sauce, but a small quan-
tite of blanche pouder: and at the ende the aboue
named grene sauce in sommer, and in wynter
good wyne. But fyshe the grosser it is, the har-
der of digestion, the moze superfluous, and moi-
ster of nature, the moze it nedeth hotte sauces
and sharpe: and the same rule is lyke wyse true
in all maner of fleshe.

¶ Si fore uis sanus ablue sape manus
Lotio post mensam tibi confert munera bioa
Muadificat palmas, et lumina reddit acuta.

Here the auctour teacheth. ii. holsome thynges
¶ come by washynge of our handes after meate.

The

The fyfste is, the palme of our handes are mundified. The ii. is, our syghte is sharped therby, and that is specially by accydens: for the handes be the instrumentes to clese the eyes: and it is ryght holsome for them to be mundified: wherof we haue spoken before at Lumina mane manus.

¶ Panis non calidus, nec sit nimis inueteratus,
Sed fermentatus, oculatus, sit coctus,
Modice salitus, frugibus validis sit electus
Non comedas crustam, coleram quia gignit adustam.
Panis salsatus, fermentatus, bene coctus,
Purus sit sanus, qui non ita sit tibi uanus.

In this texte ii. thynges are touched of remembred concerningyng the choyce of bread. The fyfste is heate. For breade ought not to be eaten hotte. Hotte bread as Auicen sayth, is not conuenient for mans nature: and bread that comethe hotte from the ouen is vnholsome. The reason is, by cause it stoppethe moche. And agayne after he saythe: That hotte breade causeth thyfstones, by reason that it is hotte: and it swymmeth in the stomake, by reason of his vapourous humide: and is of quicke dygestyon, and descendeth slowely downe. And all though that hotte breade in the regiment of helthe be vnholsome to eate: yet the smell therof is ryghte holsome: for it reliueth one in a sowne: and it is possible, that some folkes maye lyue by the smell of newe breade. The ii. thyng is, we oughte not to eate breade that is very stale, or mouldye: for

¶ such

aut. ii. cap.
de pane.

Eatyng of
hot bread

THE REGIMENT

Cest cato porcina sine uino peior ouina.
Si tribuis uina, tunc est cibus medicina.

Here in this texte the auctour compareth porke with mutton. If porke be eaten without wyne it is not so holsome as mutton, but if porke be eaten with wyne, it nourysheth the beste, and is medycinable, for it moisteth moche. And this is to be vnderstande specially of rosted pygges & brawne well dyght. And here is to be noted, þ porke salted or dyed in the smoke, such as men of the countrey use, called bakon, is in no maner wyse so holsoine as mutton, whether it be eaten with wyne or no, but it is vnderstonde by rosted porke, or pygge, or brawne, as is before sayd.

Ellia porcorum bona sunt, mala sunt reliquorum.
Here the auctour saythe, that hogge tripes be better than of other beastes. The reason is, because we eate fewe entrayles, excepte they be full of bloud, & of very fatte beastes, as hogges be. Nowe onely hogges bloudde, through the similitude of complexion to mans nature, is bludde of whiche the bowelles be fylled. And lyke wyse hogges be soner fatte than any other beastes. Therfore we eate rather the tripes and chytterlynges of an hogge than of other beastes.

*Impedit urinam multum, soluit cito ventrem.
Epatis infraxim splenis, generat lapidemq.*

Here the auctour shewethe, v. inconueniences, that breste of dynkyng of newe wyne or must. The fyrt is, that must lettethe the wyne: and this

this may be vnderstande two wayes. Fyrste by reason that muste is thycke and grosse, it myngleth with the dregges, and so stoppethe the lyuer and the raynes, so that the vñe canne not esely haue course. Secondly, it letteth the vñe to haue dewe cours, as reynyshe muste dothe, and certayne other subtile wynges lyke wyse.

For there is some reynyshe muste, of the which the lyes are mozdicant or bytyng: and while it runneth in to the bladder, the erythi lyes therof do byte and prycke the bladder, and constraine one to pisso contrary to the due order and maner that he was wont to do. The seconde is, it loseth the bealye, by reason that it scoureth the entrayles, and through sharpenes of the lyes, it pricketh the guttes, and causeth the odures to auyde out: fyrste by reason that the lyes be mozdycatyue. Secondly through ventosittie, whiche suche wyne causeth, And thydely by reason þ it maketh the guttes sypþ, by wape of vndigestiblenes & grefe of the stomak. wherfore þ stomak leuseth & openeth the wapes, that were shutte. The third inconuenience is, the muste hurteth the good complexion of the lyuer: For it stoppeth the lyuer throuhb moche mynglyng of the lyes: & causeþ a disease in the liuer called Dissectoria, through swellynge, wherby þ lyuer is enfebled. Thus sayþe the Auncen. And thus it engendreþe an yll colour, and yll dysseases of the lyuer, that is to saye spyces of the dropsy. The.iii. inconuenience

Art. iii. l. 6.
de regimis;
no aque et
vina.

nience is, that must hurteth the spleene and the disposition therof, through the same cause that it dothe the lyuer, for it stoppeth the spleene, and so causeth it to be harde. The. v. hurte is, that must engendreth the stome: and specially that is in the reynes, whiche is rouddye, and lyghtlye frangible, by reason of opilation, that it causeth through the grosse substaunce therof. And this is certaine, if the muste be of very swete wynes, whose lyes be nothynge bytyng or sharpe. For must that hath sharpe and bytinge lies, preserueth a man from the stome, for it maketh one to pylle ofte: lyke as some renyshe muste doth, þ causeth sand or grauell to be sene in the vtrie: the whiche doth ofte pooke one to make water: whiche ofte makyng of water, washeth awaie the small grauel, that cleueth to a mans raines, and so he auoydeth it.

Contra aqua sumptus, sic edenti valde nocivus
Infrigidat stomachum, cibum nititur fore crudum.

urtes
that come
by draking
of water.

An. iii. t. ca.
de regim.
cūs quod
comeditur.

Here are declared two hurtes, that come by draking of water. The fyfte is, drynkyng of water hurteth ones stomake that eatethe: by reason that water cooleth and leuseth the stomake, and speciallye it destroyeth the appetite. The. ii. hurte is, drynkyng of water with meate letteth digestyon, for it maketh the meate that is than eaten to be rawishe, after the mynde of Auicen. Nor as Auicen saythe, moche water shulde not be dronke after meate. For it deuydeth the stomake

make and the meate, and causeth it to swymme
in the stomake. And he saith: that whan nature Tulcen. ca.
doth digeste meate, and that sufficient quantite de regimt-
ne aque et
vini.
of water be myngled therwith, than if we dynke

more water after that, it letteth very moche the

digestiſon that was begonne. And agayne Auicen. it.
can. tract.
i. cap. iiii.

Auicen sayth: that dynkyng of water shulde be es-
chewed, excepte it be to helpe the meate downe,

whan it sticketh or descendeth the slowelye. But

with meate water shuld never be taken or vsed.

Auerois in his coment sheweth the reason, and
sayth: To dynke water vpon meate, maketh
the stomake colde or it be throughe hotte: and
maketh the meate rawyshe, and also it causeth
the meate to swymme in the stomake: and wyll
nat let it sticke fast there as it shuld conueniently
digest.

The operatiō of the stomake is, to make
a good myryon of thynges resceyued there in;
and to digeste them well. That done there folo-
weth an ordinarie, and a naturall separation of
pure and vnpure thynges. And as a great qua-
tite of water put in a potte slacketh the sithinge
of the meate therin: so lyke wyse it chanceth in
the stomake, by dynkyng of moche water.

But to dynke a lyttell quantite of colde water
with our meate, before it descendeth downe in to
the stomake, is not forbyddē but allowable, spe-
cially if one be very thyſty: for a lyttell quatite
of colde water, taken after the forſayde maner,
easeth the stomake, and quencheth the thyſte.

The

THE REGIMENT

The coldnes of the water enforsethe the heate
of mans body to descende to the very bottum of
the stomake, and so fortfieth the digestiō therof.
Thus saythe Auncen. But wytteth well, that
thoughe water be more conuenient to quenche
thyſte than wyne: yet wyne for a mans helth is
more holsome than water. And thoughe water
vniuersally quenche thyſte better than wyne,
bycause it is colde and moyſte, yet to make na-
turall and good commyxiōn of meates, and to
conueye them to þ extreame parties of mas body,
wyne is better than water. For wyne throughe
his subtile substance and operation, mynglethe
it ſelſe better with the meate, than water dothe:
and nature deliteth moze in wyne than in water:
therfoze the membres drawe wyne moze ſooner
unto them, mynglynge it with the meate.
This mynginge in this maner is as a boylynge
or ſething of thynges together: which is great-
lye holpe by the heate of the wyne: but the
coldenes of the water letteth it. So than it ap-
pereth, that wyne in mynglynge with meate,
and dilatyng of the ſame, is better than water.
For wine, by reaſon that it is subtile of ſubſtāce
& of a vertuous hete, it is a merueilous percer.
And ſo it foloweth, that wyne dilateth or ſprea-
deth moze than water, wherin is no vertuous
heate, nor ſubſtāce of ayer nor fyre. Farther,
water is not ſo holsome dynke as wyne is: for
water hyndreth the nouryſhement of the body:

by

by reason that it nourysheth very lyttell or no-
thyng at all: So that the more watryshe that
the meate is, the lesse it nourysheth. Therfore it is
very holsome to dynke wyne with our meate,
for wyne is a great and a speciall nouryshement
and reboraytue; and nourysheth swyftely, as it
is aforesayde. Farther ye shal vnderstonde, that
to dynke water with meate, is not onely hurte-
full, but also in many other cases, which are de-
clared of Auice. Fyrst it is vnholsome for a man
to dynke fastynge, for it perceth in to the bodye
by all the principall membris therof, and it di-
stroyeth the naturall heate. This is of trouthe,
if one that is truely fastynge dynke it. But yf
a dronken man dynke it fastynge, it dothe not
hurte hym: for a dronkerde fastynge is not vt-
terly fastynge, his stomake is not vacande; but
somwhat remayneth of the other dayes ingur-
gynge. And the dynkyng of water in the mor-
nyng dooth washe the stomake, and represeth
the vapours and fumes, and disposes it to re-
ceyue newe sustinance. The.ii. hurte is to dynke
water after great labour and trauayle: and lyke-
wyse after the fleshelye acte, betwene man and
woman, for than the poores of the body be very
open, wherby the water entrethe in to the bot-
tom of the membris, and mortifieth the natural
heate, whiche heate also after the fleshelye acte
is weakened. The.iii. inconuenience is, to dynke
water after baynyng, specyally yf one bayne
hath

Int. ii. 1.
ca. de regt.
aque et vni

¶ hym

THE REGIMENT

Qu. 5. quart
et summa 2.
ca. ultimo.

hym fastynge: for than the cundytes and passa-
ges of the body be very open: wherfoze the wa-
ter entrynge in to them hurteth moche, as is a-
fore sayde. And Aypcen saythe: That it is to be
feared, least dynkyng of water fastynge, after
baynyng, and after carnall copulation, shulde
corrupte the complection, and b̄ede the dropsy.
Fourthely it is hurtfull to dynke colde water
to quenche feyned thyſte, in the nyghte, as it
chanceþ to surfetters and dronkerdes. For by
dynkyng of colde water, the resolution and di-
gesti on of salte humours is prohibited. But in
case that one be so excedyng of thyſte, that ney-
ther the coldenes of brethyng, nor washynge of
his mouth with colde water canne suffice, than
let hym dynke colde water, out of a cuppe that
hath a narowe mouth, or elles syppynge, that the
water may moxe slowely come vnto the brimme
of the stomake, for soo it shall beste quenche his
thyſte, and lesse therof shal be d̄onke, and than
it shall not vterly distroye digestion. Fyfthely
it is generally yl for holle folkes to dynke moch
colde water, for it quencheth naturall heate, it
greueth the breasle, and marreth the appetite of
the stomake, & is very hurtful to all the senowy
membres. yet neuer the lesse water that is tem-
perately colde, doth somtyme per accidente, stere
one to haue an appetite, and maketh the stomak
stronge, in helppynge, openyng, and clensyng
the wayes therof.

Sent

Cunt nutritiue muletum carnes vitaline.

Here the auctour saith, that beale noxilheth very moche. And this Auençen assygneth, sayenge, that meat that conserueth helthe must be suche as the fleshe is. For they are of lyke nature, and very apte to be conuerted in to bloud: and speciallye kyddes, yonge suckyngge calues, and pere-lyngre lammes. And Galen saythe, that rosted beale of. vi. oʒ. viii. weches olde, is more holsome than mutton, and it is soone digested, and no-rysheth the very moche. And of these fleshes we haue spoken before.

Galen. iii.
alimen.
The beste
Veale.

Cunt bona gallina, capo, turtur, sturna columba.

Quiscula uel merula, phasianus, ethigoneta.

Perdix, trigellus, orex, tremulus, amarellus.

Here the auctour sheweth what wylde foule are most holsome to eate, to nouryshe mans nature. The nombre of them is. xiij. The fyſte is an henne: the whiche is very holsome to eate. For Haly, Auenzoarte, and Melsue say, that the best fleshe of poultrye is an henne, that neuer layed, and of a cocke, that neuer trad henne. For they without superfluite are sone turned in to bloud, theyz proprete is to teinprete mans complexion: and theyz brothe is the best medicine that can be for lepers. And Galen saythe, that the fleshe of yonge poulettes augmenteth intellection, & cle-
reth þ voice, and encreseth the sede of generatio. The. ii. is a capon, the fleshe wherof Consiliator uombreteth amonge the mooste holsome fleshes.

The beste
foules to
eate.

Gal. ii. can.
ca. de gallis
nis & gallo.

Consiliator
vnu queſ.

O.ii. And

THE REGIMENT

Rat. ii. can.
ca. de carneRatis. iii.
alii.

And these fleshes with the other afoze sayde, the stomake of his properte doth digeste. The. iii. is a turtylle, whiche also nourysheth the well, and engendreth good bloud. Wherof Auicen sayth. There is no foules fleshe better than a turtylles or a hennes, nor more subtile. But yet they nouryshe not so moche as the pertryche. The. iiiit. after the opinion of some is a stare. This bynde shuld be eatē yonge. Some other call this foule Starre, the whiche Ratis prayseth aboue all other foules, sayenge: A sterlynges fleshe is lyghtest of all other foules, & holsome for them that wyll kepe a sklender dyete, and by this maye be vnderstande a greater foule, as a greye goose, wherof the fleshe is ryghte commendable, and spesyalye whan it is yonge. And on this wyse Almans. vnderstandeth, preferrynge this fleshe before other. Or elles by a stare maye be vnderstante certeyne smal pertiches: wherof Moyles semeth to vnderstande, where he saythe to the Jewes: Lyke wyse stares are vnholsome for our kyng, for they constreyne and indurate þ bealy. And this properte some ascribe vnto pertiches. For theyz fleshe, as Ratis sayth, dothe bynde the bealye. The. v. is a doue, wherof the fleshe is colerycke. Which, as Ratis sayth, is excedynge hotte: the whiche engendreth bloudde feruently hotte, and lyghtelye engendreth the ague. And therfore pyggons be better baked with sower grapes, than rosted. For by the sower grapes, the

the heate, engendred in the bloudde, is alayde. And the yonge pygypns, redy to flee, be the most holsome to eate, for such be of lyght dygestyon and of better humour. For the yonge pygypns, not able to flee, are superfluouslye hotte, and moyst: wherby they engēdʒe grosse humours, as Auicen sayth. But olde pygypns, for theyz ouer great heate, drought, and difficulte of digestiō, are to be eschewed. And lyke wyse olde turtyls, The. vi. is a quayle. Some doctours saye, that a quayle is of lyght substance, and engendreth good bloud: it is very holsome for hole folkes. But after the mynde of Isaac, quailes are worse than any other wylde foules, nor they are not to be preyed, neyther for theyz nourishemente nor for digestion. For through eatyng of their fleshe, the crampe is to be feared, as Auicen saythe. And he sayth, the reason is in the substaunce of theyz fleshe, that they engendre the crampe. And for this cause frēche men bake & eate quayles with softe butterye chese, yet by the quayle may be understande an other byrđ, a lyttel more than the forsayde pertriche, of the same colour, with redde fete and bylle, of a delicious sauour. And on this wyse Rasis taketh a quayle, whan he preferreth the fleshe therof aboue the fleshe of a stare, and all other foules. The. vii. is an osell: whiche lyke wyse shulde be eaten yonge. The. viii. is a phesande: whiche of all phisitions is named for one of the beaste fleshes. For

*Qui. II. can.
capit. de co:
lumbis.*

*Qui. II. can.
ca. de co.*

D. iii. fleshe

THE REGIMENT

fleshe of that foule is mooste holsome for mans
nature: and it is meate for princes and greate
estates. Consiliator saythe, that the wylde fesant
is best both for helth and strength. And also per-
auenture vnyuersallye, for as moche as they be
very lyke vnto hennes, and welnere of the same
shappe. And they be drier of ayer and of fedyng,
and larger of exercyle. The. ix. is a wodcocke,
the fleshe of this bydde is speciallye holsome.

*Qui. ii. can.
cap. de cu-
bigine.*

*Gal. iii. ali-
mentorum
cap. xviii. et
xviii. de in-
genio. cap. ii.*

The. x. is a partryche, whose fleshe, as Auicen
saythe, is subtyle, and a great fatter, it scoureth
awaye the dropsye, and conforteth the stomake,
and also augmenteth carnall lust. yet neuer the
lesse it is a bynder. And this fleshe Galen pre-
ferreth aboue all other. And it is sayde, that cu-
stomable eatynge of this fleshe, conforteth the
memorye. The. xi. is a ruddocke, called robyn
red breast, it eateth grapes, and fleeth swyftely,
as a stare dothe, but it nourisheth better than
a stare dothe, and they haunte moche about the
vines, and they be dronke by eatynge of grapes.
¶ they be best i season to eate about al Halomas
The. xii. is Orex, whiche as some saye is a fesant
henne, and as some saye a moze henne: whether
it be a phesant henne or a moze henne, the fleshe
is of good nouryschement. The. xiii. is a bydde
called Tremulus, whiche bydde commonlye aby-
dethe nere the see cooste, and is lesse in quantite
than a henne, ¶ russet of colour, it cryeth lowde,
¶ fleeth swyftely, and whan it plumeth vpon the
erthe

erthe þayle waggeth styl, & therfore it is called Tremulus, and vpon the heed thereof growethe lōge fechers. It is not the same bynde the whiche is vulgarly called a wagge tayle. The. xiii. and laste, is Amarellas, whiche also is a water foule, lyke vnto a ducke, but it is lesse. And to speake generallye, amonge foules to eate, they be best preyed, that be swyster in flyghte. And as the fleshe of the foressayd foules are of a commendable nourishement, and of easie digestyon: so lyke wyse the fleshe of some foules is of a dyscommendable nourishement, and harde to dygeste, and of vnegall complexion, as the fleshe of geese, pecockes, and malardes, and vnyuersally of all foules that haue longe neckes, longe bylles, and lyue vpon the water. And so is the fleshe of sparowes, whiche are excedyng hott, and vntemperate, and sterethe to bodey luste. But touchyng the election of foules fleshe, ye shall understand, that they; naturall nourishyng muste be considered, that is whether they be restoratyue, lyght of digestion, lyght of substance, or of subtile operation, and so after their dyuers properites to preyse them. Wherfore Galen beholding the easie alteration and subtilitie of pertriches fleshe, preferreth them. But Rasis with Isaac, consyderyng the subtiltie and lyghtenes of the stare, preyseth that beste. Isaac also after the diuers intētions of wylde foules fleshe preyseth diuers. Auicen comendeth the turtyls fleshe aboue

THE REGIMENT

aboue other, eyther hauyng respecte to the p^ro-
prete, wherby it strengtheneth and comforteth
a mans vnderstandinge, or els in the countre of
Araby, where Auycen was borne, turtylles are
better than in other countreys. Farther witteth
well, that the flesche of foules is more holsome,
than of .iii. legged beastes, for them that foza^{re}ke
labour, and gyue them to study and contempla-
tion, for it is sooner digested, as Galen sayth:
yet this flesche of foules is soner digested than of
beastes, and speciallye of pertriches, whiche en-
gendreth clene and pure bloudde, that is dispo-
sed to augment and to sharpe the operations of
the brayne, the whiche is mans vnderstandingy,
cogitation, and memoreye.

Galen. iii.
alimen.

Si pisces molles sunt, magno corpore tolle.
Si pilces duri, parui sunt plus qualituri.

This texte teacheth vs. it. knowleges touching
the choyce of fyshe. For eyther fyshe is harde or
softe: if it be softe, than the elder is the better.
The reason is, for softenes cometh of humidite,
the whiche is more digested in olde fyshe than in
yonge: & so whan suche fyshes be yonge, they en-
gendre moch more fleume thā whan they be olde.
And so it appereth, that an olde pele is holsomer
than a yonge, as some saye. But yf suche fyshe
be harde, than it is holsomer yonge, that is to
say, it is soner digested, as pykes & perches be:
For the hardnes resisteth digestion. For Auycen
sayth. Of harde fyshes take the sinallest: and of
softe

Gale. iii. ca.
de pisibus.

softe fylches, chose the greatest.

Lucius. et parca, laxaulus, et alhica, tenea.

Gurnus, plagicia, cum carpa, galbio, truca.

Here are rehersed. x. sortes of fylches that be very holsome for mans body. The fyſt is a pike cal- led the tyranne of fylches. For he not only deuou- reth fylches of other kynde, but also of his owne kynde. On whome these verſes were made.

Lucius est pīcis rex et tyrannus aquarum.

A quo non differt Lucius iste patum.

The fylche of a pyke is harde, & a pyke is swyfte in swymmyng. The. ii. is a perche dyxiued of this verbe paccō, parcis, to forbare or to spare, by a cleane contrarye lense, for a perche spareth no fylche, but woundeth other fylches with his synnes on his backe, nor a pyke dare not venture vpon a perche, but as Albertus sayth, there is a naturall amite betwene the perche and the pike. For if the pyke be ones hurte of an other fylche, he is healed with greate difficulte. And whan he is hurte, he goth vnto the perche, the whiche leinge him hurte, toucheth & sucketh his wond, and so the pike is healed againe. And the perche is lyke wyſe an harde fylche. The thyſde is a ſee fylche callef a ſole, whiche is a ſpecial good fylche, The. iii. is a whytyng. The fyſte is a tenche, whiche is a freshe water fylche, and the ſkyne therof is ſypperye and ſlympe, and ſome what blacke, and the meate therof is harde. Whan ſo euer one wyll drefſe a pyke, a perche, or a tenche,

P he

THE REGIMENT

he muste take the skynne awaye. The. vi. is Gurnus, whiche is a see fyfhe. This fyfhe is as great in quantite, as halfe a mannes myddelle synger, the which is eatē with þ heed & synnes. The. vii. is a playce. The. viii. is a carpe, a freshe water fyfhe, the whiche is moche synape: but great estates haue them sodde in wyne, and so the synynesse is done awaye. The. ix. is a rochette, a see fyfhe, and it is a fyfhe of harde meate & holsome. Some other textes haue goyn that is a goyen, whiche is a very holsome fyfhe. The. x. is a troute, the whiche in eatynge is lyke samon, and yet it is no samon, it is longe and not grosse, it is taken in great ryuers, and wyll suffre it selfe to be rubbed & clawed, beyng in þ water, & so it is taken, & thorof pastyes be made with spycys, and it is a ryghte deynre fyfhe. And touchynge the choysse of fyfhe, ye shall fyre vnderstande, that fyfhe, if it be compared to fleshe, is of lesse nourishemente, and is lyghter of digestion, and the nourishement therof is ful of fleumatike superfluities, colde and moyste, and they be hardly dygested, and abyde longe in the stomacke. And by reason that the stomacke laboreth in the digestynge of theym, and that oþer whyle they be corrupted in the stomacke, they receyue a certayne putrified qualite, & engendre thyristynes. And surely the nourishement of holsome fleshe is better than of fyfhe. Seconde wytch well, that see fyfhe is better in the regimēt

regiment of helthe, than other of the same sorte
that is taken in freshe water. For theyz nourishe-
ment is not so superfluous, and is moze nere to
the nature of flesche. But bycause see fyshe is
harder than other of the same sorte, that is taken
in freshe water: therfore it is of a moze difficultie
in digestion, and of a moze pure nouryshement,
yet notwithstandingynge, freshe water fyshe is hol-
lomer for sycke folkes, by reason of theyz feble
digestyon. Thyrdely, fyshe as well of salte water
as freshe, shulde be chosen, the whiche whan it
is dressed is whyte and not clammy, þ is bryttell, &
not very grosse, it muste haue a good sauour,
that doth not soone putrifie, and a good colour,
nor it may not be bredde in lakes or pondes, nor
in fylthye places, nor in water, wherin groweth
yll wedes. And they ought not to be to olde nor
to yonge, they shulde be swyfte of mouyng, and
of smalle clammyshenes. And if it be see fyshe,
we must chose suche as is take in ryuers a good
way from the see, and suche as haue the other
foresayde conditions. And the more skalye that
fyshe is, the better it is: and it is lyke wyse un-
derstande by the fynnes. For many fynnes and
skales, betoken the purenes of þ fishes substace.
Also amonge the see fyshe, they be the beste that
be bred in the deepest water, the whiche ebbeth &
floowethe. And therfore the fyshe that is taken
in the north see, that is moze surginge, and moze
tempestuous, and moze swyfte in ebbynge and

Cōdicyōs
of good
fyshe.

P.ii. flowing

THE REGIMENT

flowynge, is better than the fyſhe that is taken in the deed or the south ſee. And ye ſhal lyke wiſe vnderſtande of freſhe water fyſhe. For fyſhe breed in depe water, is better than other of the ſame ſorte breedde in ſhalowe waters, & lytel broukes. And by this may ſufficiently be knownen, whiche fyſhe ſhulde be choſen, and whiche ſhulde not. For beaſtial fyſhe, as the ſee ſwyne, doggefyſhe, and dolphyn are vnholſome in the regulemente of helth. For they be harde of diſtigation, and of ſuperfluouſ humours. Nor in the meate of the forſayd fyſhes, the aboue nombrēd condiſions appere not, as whiteneſs, ſubtiltie, & ſuſhe other. And iſ thole fyſhes and ſuſhe lyke chaunce to be eaten, they ſhulde not be ſodde as ſoone as they be taken, but they ſhulde be kepte a fewe dayes after: tyll tyme the meate of them mollyſie, and waſe tender, without corruptyng of theyr ſuſtance. And alſo the forſayd fyſhes be better a lit tell coſned with ſalte than freſhe, or vterly ſalt. And among all ſee fyſhe, the forſayd condiſions conſydered, the rochet and gurnarde ſeme to be moſt holſome. For theyr meate and ſuſtance is mooſte pure, and nexte to them is a playce and a ſole. But þ meate of thole two is moze clāmpe, leſſe frangible, leſſe whyte, moze groſſe, and leſſe ſubtyle: Nor the ſauour or ſmell is not ſo delicuous, and perchance the whytinge is moze comendable than the rochet. It is not ſo groſſe and clāmpe, as a playce and a ſole, & the meate therof

therof is frangyble inough, but the releshe, smelle, colour, purenes of substance, and mobylete consydered, it is not so good as a rochet and gurnard: And lyke wylle ye shal understand of hearynge: and the fyshe called morua, beynge yonge inough, draweth ner the forefayd fyshes in goodness, so that it haue the aboue sayde condicions: yet it is grosser and more clammy than the forefayde fyshes. But salmon, tourbut, and mackerelle, be not so good: For they be moche grosser, more clammy, harder of digestion, and fuller of superfluite. Therfore they be only holosome for labourers and yonge folkes of stronge complexion: and they, clamynes, grossenes, and coldenes, may be take away with certein sauces. Amonge freshe water fyshe (the forefayd condictons consydered) the perche and pycke are the best, so that they be fatte: and nexte to them are the vendosies, and than lopsters. And though the perche be more skalye than the afore sayde fyshes, yet the meate therof is as whyte, frangyble, and subtile, as the pyke and carpe: and it is ofte founde in 'pondes. And uniuersallye, the best freshe water fyshe of the same sorte, is it that is taken in water that is stonye in the bottum, rounnyng no[n] the warde, depe, and labotrynge moche, where unto rounneth no vndeours of cytes: and wherin no wedes growe. Creueces both of the see and riuers, are moche nutritiue, nor they do nat lyghtly corrupt stomake:

P.ii. but

THE REGIMENT

but they be harde of digestion. Farter more note, that freshe fyſhe doth moyste the body, and encreacc mylke and ſebe of generation: and is very holsome for colerike folkes. And after gret trauayle or moche labour, we ſhoulde not eate fyſhe, for than it ſone corrupteth in the ſtomake. And they that haue a weake ſtomake, or full of yl humours, ought to be ware of eating of fyſhe. More ouer, groſſe fyſhe, corned with a lyttel ſalt, is better than freshe fyſhe. And fyſhe of longe tyme ſaltyng is vnholſome. And fyſh & fleſhe together ſhuld not be eaten: nor fyſhe and white meates: nor fyſhe ſhuld not be eaten after oþer meates. Also fyſhe a lyttell ſalted, and in ſinall quantite taken, is holsome: it ſterethe vp the appetyte, and forþyfethe it, if one haue an appetyte thereto.

CVocibus anguille praeſunt, ſi comedantur.

Qui phisicam non ignorant haec teſtificantur.

Caleus anguilla nimis obſunt ſi comedantur.

Ni tu ſepe bibas, et rebibendo bibas.

The auctour ſayth here, that the yele is an vnholſome fyſhe, and ſpecially it hurteth þ voyce. And this he prouethe by the ſayenge of physyti-
ons, and ſtudentes of naturall phylosophye. The reaſon is, bycause an yele is a ſlimy fyſhe, clammye, and ſpecyally a stopper: and it wan-
teth moch of the conditions of good fyſhe before ſpoken. And this that is ſayde by an yele, maye be vnderſtande of lampreyers: all thoughne lam-
preys

E atyng of
fish: good
and badde

preys be a lyttell holssomer than yeles, and lesse
leoperdouse, for that they be not so clammy and
so grosse as yeles be. And though these fylches
be delycyous in taste, yet they be very perillous:
for theyz generation in the water, is lyke the
generation of serpentes on the erthe. wherfore
it is to be dowitzed leste they be venomous, and
therfore the heedes and tayles, in whiche the ve-
noime is wonte to be, and lyke wyse the strynges
within, shuld in no wyse be eaten. Also it is good
to plunge theym alyue in good wyne, to take a-
way theyz clammynes, and lette theym lye stille
therin tyll they be deed, and than lette them be
dyghte with galentyne made of the best spyces,
as greatest estates cokes are wont to do: yet it is
good to parboyle them twyse before in wine and
water: and that broth done away, to sethe them
through, and to make galentyne for them, or els
to bake them, or frye them in grene saunce with
stronge spyces, and a lyttell good wyne in wint-
ter, and in sommer to dresse theym with a lyttell
wyne, veriuse, and vineger, but he that can for-
bear these two fishes doth best. Farther the text
sayth, that chese & yeles do hurte moche, if they
be eaten, and this is to be vnderstonde, if ye eate
great quanticie therof. The cause of chese is be-
fore shewed at p[er]sies, pom[er]ies, &c. And of yeles here
nowe before. It foloweth in the texte, that if
those thynges be taken with ofte dynkyng of
wyne, theyz hurtefulnes is amended: and this
shuld

THE REGIMENT

Shulde not be vnderstond of subtile and percyng
wine, nor of wine that is gyuen in way of drinke
conductyue, for suche wyne shulde not be gyuen
vpon meate, the whiche meate engendret the yll
humours, whan it is eaten: nor before, nor af-
ter it is digested, as Auicen saythe: For than
suche wyne enduceth greate hurte, for it causeth
yll humours that are engendred of that dynke,
to entre in to the extreme parties of the bodye:
which peraduēture were not able to entre with-
out helpe and leadyng of the wyne. But this is
to be vnderstande of stronge wyne, not greatly
percyng, ofte and in small quantite gyuen, to
thentent to myxte the meate together: For such
wyne dothe alaye the malyce of the meate, and
comforte the digestion, and drecte the flei-
matike colde humours, wherfore it helpeth
the digestion of cheese and yeles, whiche are of yl
digestion.

Inter prandendum sit sepe parumq; bibendum.

Si sumas ouum, molle sit atq; nouum,

Here the auctor toucheth ii. thynges. The first
is, that one at dynner and supper shulde eate well
and dynke ofte and a lytell at ones. And not to
do as a brute beaste doth, that eateth his fylle of
meate, and dynketh afterwarde. For the better
the dynke is myngled with the meate, the soner
the meate is mollyfyed, and the more capate of
digestion. And here is to be noted, þ there is iii.
maner of dynkynges. The fyre is hit, that

Boic. iii. l.
ca. de regi-
sque et vini

cligit

myll-

myugleth the meate to gether: The. ii. is it that dilateth. The. iii. is it, that quencheth thyſte. The fyſte that we ſpake of, is to be underſtand of drynke myngled with our meate, though we be not thyſtis. Thus we ought to drynke euē as we haue eatē a lyttel. For except a better reaſon, I ſay we maye not abyde tyll the meales ende, nor tyll we be a thyſte. And this maner of drynkyng is ſpeciallē good for them that feede on meate that is actually drye: as appereth by ſicke folkes, that eate drye breadde. But ſuche as be in good temp̄e, ſhoulde not drynke to quenche their thurst tyll the meales ende: for than cometh the true thurst, by reaſon that the meate is hotte and drye. It is not very reasonable, that thurst & hunger ſhulde assayle vs both together: for they are of contrary appetitē. And thus one ſhoulde drynke after as the thyſt is, moze or leſſe. Drynkyng dilatyng is moost conueniente after the fyſte dygſtione regularlē, and a lyttell before we take other meate. And this maner of drynkyng is holsome, whan the meates before take be groſſe in ſubſtaunce: For thus to drynke, we maye not tary tyll we be thyſtis. For this drynkyng prepareth the ſtomake to receyue other meate, and cauſeth the meate that is digested to departe frome the ſtomake to the lyuer: nor this drynkyng ſhulde not be in great quantite, to thende it maye be ſoone digested. For before it be digested, it goeth not vnto the lyuer. And

¶ this

THE REGIMENT

this is of trouth, excepte suche dynke dilatyue
be water, in whiche one muste nat tarye tyll di-
gestiōn before it come to the liuer. But regular-
lye conueniente dynke dilatyue or permixtyue,
ought to be wyne, ale, bere, syder, prey, or suche
lyke, but wyne is best: **S**econdlye, the grosser,
dryer, and colder the meate is, the stronger the
dynke permixtyue and dilatyue shoulde be.
And contrarye wyse, the hotter, subtyler, and
moyster the meate is, the weaker the dynke
permixtyue and dilatyue shulde be. And the
more subtyle, hottē, and digestible the meate is,
the weaker the dynke or wyne oughte to be.
Wherfore one oughte to dynke stronger wyne
with befe, then with chykens, and stronger wine
with fyshe than with fleshe. **T**he. ii. doctrine is,
that if we wyll eate an egge, hit muste be vere
rostedde and newe. **T**he cause thereof is before
shewerde.

C Pisaq; laudate decretum ac reprobare.
Pellibus ablatis sunt bona pulsa satis,
Sunt inflatiua cum pellibus arq; nocua.

Here the auctour saythe, that peason some waye
be holsome, and some waye vnholsome. They be
holosome to eate whan the huskes be take away,
for if they be eaten in the huskes, they enflate.
And therfor it is not artificiall to eate theym in
the huskes, for the nature of þ within and þ hus-
kes disagre. The one labozeth to be losed and to
go out: the other withstandeth, and byndeth, as

Isaac

Isaac sayth. Wherfoze they cause rounblyngē, gnawynge, and inflation in the bealy. And peisen doo nat this aloneley, but also all poulce, as beanes, chyches, chestons, and suchē lyke. And specially suchē as haue moche huske, as beanes and blacke ryce. Also the huske of them all noxylēth wōſe than the pythe within. And here is to be noted, þ there is a maner of whyte rounde peisen: wherof the cod is very ſinal and thynne: and one maye eate theſe peisen with the huske, moxe ſurely than other, al though it were better to hulle them. And all be it that the reaſon aforē ſayde is trewe touchyng all poulce, yet ye ſhall underſtande, that the hulles of grene pulce is leſſe, and leſſe dyuersyte is betwene the huskes and the pithe within, and moxe eazye to digete: And therfore ſome ſay they be moxe holsome for folkes in helthe: but it is nat ſo, for grene pulce is of ryght greatte ſuperfluicie and corruptyble ſubſtāce, wherfoze they be leſſe holsome for holle folkes. And note this for a treuth, that dy pulce if þ utteſt huske be taken away, is moxe holsome thā grene: but grene is better than dy vnhulled farther, the ſubſtānce of all poulce is inflatyue and harde of digetiō: and their yl noxylēment is vnholsome in the regiument of helthē: but the broth of them is holsome. For the broth maketh the bealy ſtirring, and maketh one pſſe, and vniſtoppeth the veynes. Wherefore it is holsome at ſuch tymes as folkis uſe groſſe and opilatiue

¶.ii. meates,

THE REGIMENT

meates, as on fastynge dayes. For this broth or pottage conuenientlye made, is not so hurtefull as the substance: therin is no inflasyon, noz dif- fyculte of noyshement or digestion. This broth is made on this wyse. The ryce or peasan muste be layde in warme water, and therin to be all to rubbed with ones handes a good whyle: and after in the foresayd water shuld be tempred all the nyght: & therin the nexte nighte folowynge to be boyled twyse or thryse, and than dyghte, and so reserued. And whan the houre of dynner drawethe nere, to dresse it with cynonium and saffron, and a lyttell courtly wyne put thereto: and than boyle it ones, and so eate it at the begynnyng of dynner or soupper. And the broth or potage of ryce and of rounde whyte peason is very holsome and frendly to mans nature: and lyke wyse theyz substance,

Clac ethicis sanum, caprinum post camelinum.
Ac nutritiuum plus omnibus est asinum.
Plus nutritiuum, vaccinum sit et ouinum.
Si febriat caput et doleat, non est bene sanum.

To chose Here the auctour teacheth vs certeyne lessons to mylke. Fyrist gootes mylke is holsome for them that be in a consumption, or be leane, or that haue a consumyng ague. And Avice sayth, that gootes mylke and asses mylke is good for them that be in a consumption. By reason that gootes mylke is temperate, & nourisheth moche. And nexte to this is camelles milke. For that is subtle

aut. ii. can. ca. de lacte. & i. 4. tract. iii. capit. de remor. me. dic. humect. ethicos.

subtile, very wattryshe, and moyst, and by rea-
son that it is verye moyste, it nourysheth the but-
lyttell: and therfore it is not so holsome for them
as gootes mylke is: yet this camelles mylke,
newelye after folynge, is holsome for them that
haue the dypsyde, and for theym that haue any
dysease in the lyuer: for it reuiueth the lyuer, as
Aulcen saythe. aut. ii. can.
ca. de lacte. Secondlye he saythe, that asles
mylke is moste holsome for drye folkes in a con-
sumption. This is of trouth, if ye wyll compare
asses mylke, with mylke of other brute beastes:
for it enclyneth to coldenes and humydite, and
is subtile and sooner entreth, and more slowely
conielethe, thanne the mylke of any other brute
beaste, as Galen saythe. Galen. vi.
de ingenio,
cap. vii. The same saythe Aul-
cen, and that after womans mylke, there is none
to asses mylke. And he saythe, if any helpe the
feuer ethycke, it is asses mylke: yet to compare
asses mylke with womans mylke, it is not so
holosome. Aulcen. t.
quar. loco
preatleg. For womans mylke taken by sucking,
is moste holsome, as Aulcen saythe. By reason
that womans mylke is colde, moyste, and more
lyke to mans nature, it entreth more swystely,
and is digested more sooner, & nourysheth better.
And this mylke to be gyuen to them that be in a
consumption, shulde be mylked as nere the pa-
cientes beddes side as is possible, and forth with
to mynystre it vnto hym, lest the ayer corrupt it.
And here is to be noted, that in some casis, sover
oy butter mylke is better for folkes in a colump-

THE REGIMENT

tion than womans mylke or asses. Fyoste whan by this feuer ethicke, they be caste in a laske. The. ii. is whā they suspecte coagulation of the milke in the stomake, either by vehement heate of the feuer, orzels bycause the stomake of it selfe is colerycke, the milke shoulde tourne to coler. The. iii. is, whan the ethycke feuer is coupled with a putrified feuer: specyally whan there be nat many oppylations in the interyour partes. For sower mylke restreineth the bealy, and doth nat lyghtly turne in to coler, for the buttrynesse of it is goone: wherby the mylke dothe lyghtly enflame: noz in a putryfyed feuer it is nat soone putrified. The. iii. if þ̄ stomake be foule, mylke dothe lyghtly corrupte therin. The. v. is, whau he that hath the ethycke dysease, abhorrethe the dulce and cleane milke, but nat the sower or butter mylk. The. iii. lesson is, that cowe mylke, and shepes mylke are more nutratyue, for they be fatter and grosser then other, as Auicen sayth And all those beastes mylks, that in byngynge forth their yonge, cōtinue longer thā a woman, is vnholsome, but the mylke of those, that bare egally with woman, is most holsome, as cowe mylke. But Rasis saythe: that the cowe mylke is the grosseste mylke that any beaste gyuethe: and therfore hit is holsomer than any other, for them that desyre to be fatte. The. iii. lesson is, that mylk hurtethe theym that haue the ague, or the head ache. The cause why is afoze shewed at

Auic. ii. cā.
ca. de lacte.

Ras. iii. ali-
mentorum
ca. de lacte

at Persica poma.&c.

Lenit et humectat, soluit sine febre butitum.

Here the auctor sheweth thre propretes of butter. The fyfste is, butter mollyfyeth the bealye, and, makethe it slyppery, by reason that it is oylc.

The .ii. is, that butter is moyste, for hit is made of the best parties of the mylke, wherfore it must nedes be moyst, seyng that the mylke is moyste, wherof it is made. The thirde is, that it leuseth the bealye, and that is by the slyppernes that it causeth in the guttes. These thre propretes Auycen reherceth. And these thre propretes butter enduceth in a bodye, that is not sickle of a feuer: for it hurteth theym that haue an ague, by reason that þ vnciuosyte of the butter augmente the heate of the feuer. And all be hit that butter causeth the forsayde propretes: yet by reason that hit is ouer moyste, and vnciuouse, hit is vnholsome in the waye of meate, and speciallye to eate moche therof. For hit engendreth lothsonnes, and maketh the meate to swynne abouthe the byynne of the stomake: and laxethe the bealye out of measure, and pourokeþ one to vomye. Therfore butter shulde in no wyse as meate be eaten in greate quantite, and specially hit shuld nat be eaten after other meate: but to vse it with other meate, it is very holsome.

Incidit atq; lauac, penetrat, mundat quoq; serum.

Here thaucour sheweth.iii. propretes of whey. The fyfste is, hit is incysive or subtile. The .ii.

Thre propreties of butter.

Auct. li. et. ca
ca de bat
to.

The prop
reties of
it VVhey.

THE REGIMENT

it is washynge or scourgyng. The thyrd is per-
synge, whiche properte procedeth of the fyfste.

*Aut. ii. can.
ca. de lacte.* The fourth is, it clenseth or pourgeth. Auycen
recytyng these propertes saythe: That whey is
subtiliatyue, washynge and leusinge, and therin
is no mordication. Rasis sayth, that whey doth
exhelle ruddye coler, skabbes, and pushes, and
also pympuls in the face, and also it is holsome
for theym that haue the ianders, and for theym
that be distempered by to moche dynkyng of
wyne.

*Caseus est frigidus, stipans, grossus, quoq; durus.
Caseus et panis bonus est cibus hic bene sanis.
Si non sunt sani, tunc hunc non iungito pani.*

*Aut. ii. can.
ca. de caseo* Foure pro-
perties of chese. Here the auctour recyteth. *iv.* propretes of chese.
The fyfste is: that chese is naturally colde. And
this is to be vnderstonde of grene chese, the
which is colde and moyst, and not of olde chese,
the whiche is hotte and drye: as Auycen saythe.
Or elles it maye be vnderstonde by chese, that
cruddeth onely of þ mylke without mynglyng
of any other thyng. For there is some chese na-
turally hotte, that heateth the stomake, & biteth
the tonge by mynglyng of other thynges there
with, as some chese that is grene in colour, of
whiche if one eate moche in quantitie, it doothe
heatte & enflame the body. The seconde proprete
is, that chese maketh one costyfe, and this is of
trouthe, specially if it be harde, and made with
moch renles. The third propretie is, that al chese

en-

ingendreth grosse humours: for al chese is made of the grosser and more erthy parte of the milke. The .iii. properte is, that milke byndethe the wombe, and this and the. ii. is all one. Farther the texte sayth: that though chese, that is eaten alone, be vnholsome, by reason that it causethe yll digestion: yet if one eate a lyttel courtry with breadde, it shall digest with the breadde, and nat other wyse: And this is of trouth, if holle folkes and nat lycke eate hit. : we speake before of chese
 at Nutrit et impinguat &c.

Ignari medici me dicunt esse nocium.

Sed tamen ignorantie cut nocumenta feram.

Languenti stomacho caseus addit opem.

Si post sumatur terminat ille dapes.

Qui philicam non ignorantie hæc testificantur.

Here the auctour blameth them that absolutely reproue the vse of chese. And expresseth. ii. utilites therof. Fyrst chese conforteth a sickle stomake. But note well, that all chese doth not ease euery diseased stomacke. In some cases all chese hurteth the stomacke of seld knyfing, and euerye stomacke weaked by longe lyckenes. But newe grene chese of smalle clamimynes, confortethe a hotte stomake, as Rasis sayth, it represelthe his brounes and heate. And eke it conforteth a drye stomake, by reason that hit is moyste. And olde chese or verye tarte or moche cruddye, hurtethe moche suche stomakes. But olde chese, or verye cruddy chese conforteth the stomake, abouye the

R whiche

THE REGIMENT

whiche hangethe moche sleume: for suche chese with his tartenes cuttethe and scouretethe awaye the sleume. But newe and softe chese hurtethe suche a stomacke ryghe moche. The secōd vrilitē is, that chese that is eaten after other meate, maketh it to discende downe into the place of digestion: that is the bottum of the stomake. All this they knowe, that haue the verye scyence of phisylke. And Rasis saythe: that a lyttell curysye of tarte chese, eaten after meate, fortifyethe the mouthe of the stomacke, and taketh awaye the ouer moche facietie, and lothyng, the whiche swete and vnguisious meates are wont to engē-
dye about the stomakes mouthe.

Clinter prandendum sit lep̄e parumq; bibendum.

Vt minus ægrotes, non inter fercula potes.

Here the auctour teacheth two lessons. The first is that a man at his meate shulde dynke lyttell and ofte. But this thyngē is al redye declared. The. ii. lesson is, that betwene meales one muste forbear dynke, speciallye if the meate that he dyd eat be vndigested in the stomacke, excepte greate necessytie constraine hym to dynke, for dynkyngē than letteth and breakethe digestion of the meate that is afoxe eaten. For it causeth the meate to descendē from the stomacke vndigested, and marreth the appetite, it greeveth the bodpe, and engendreth the feuers, and other dyseases.

Vt nites penam, de potibus incipe cœnam.

Here

Here the auctoure saythe, that one oughte to be-
gyn his soupper with dynke. Some expounde
this verle thus. If thou wilte eschewe sycknes,
dynke at soupper or thou begynne to eate. But
this expositio is repoued. For after phisitions,
a man shulde begynne his soupper with meate,
and nat with dynke. And all though this boke
was made for englyssh men, yet they kepe nat
this rule: for at what hourc of the daye soo euer
they dynke, they eate syfte a morsel of breadde.
Therefore this verle may be expounde other wyse:
taking drinke for meate moist & easy of digestio
as Hippocrates taketh dynke whan he saythe.
It is easier to fyl one with dynke thā with mete.
So that the sencece of this verle shuld be thus:
It is better to begynne our supper with dynke,
that is with meate moist, and easy of digestion
than with meate that is grosse, harde, and of yll
digestion. The reason is, if one eate meate that
is moist and easye of digestion, after meate that
is grosse and harde of digestion, by reason of the
dygesiue heate of the nyght, it wyl be dygested
longe before the grosse meates. And whan it can
nat for the grosse meate that is vndigested haue
issue, it bournethe ouer moche: or if it issue, it
pluckethe with it parte of the grosse meate that
is vndygested. Therefore it is beste to begynne
with meate moiste and easy of dygestion: that
whan it is dygested, it maye without lette issue
oute

Hippoc. 8.
parti. apha.

THE REGIMENT

Singula post oua pocula sume noua.
Post pisces nux sit, post carnes caseus assit.

Vnica nux prodest, nocet altera, tertia mors est.

Here be certeyne lessons. The fyfth is, to dynke
a draughte of wyne after one hath eaten a newe
layde egge rere rosted, is very holsome. Therea-
son maye be, bycause a newe layde egge rere ro-
sted, is of ryght great nouryshement, and easely
digesteth: and it is of that sorte, that in smalle
quantite nourisheth moche: and principally the
polke, as is before sayde at Ouarecentia, So that
the wyne, whiche is frendlye to nature, causeth
that the egge is more despyouslye drawen of the
nouryshyng membris, and helpeth it to entred.
An other cause may be. An egge descendeth but
slowly downe: and dynke helpeth it to discend.
The ii. doctrine is to eate nuttes: after fyshe in
steede of chese. For nuttes by reason of theyz
dynnes, hyndrethe the engendryng of fleume,
that is wonte to be engendred of fyshe. And for
this cause, nuttes are the laste seruyce in lente.
The iii. lesson is, that after fleshe we must eate
chese & nat nuttes, for nuttes do dyn over moch,
and so doth nat chese: but it causeth the meate
to discende to the bottum of the stomake, where
the vertue of digestion is. And this is certeyne,
if the chese be neyther to old nor to newe: Far-
ther the xerte hath in the laste verse, that a nutte
megge is holsome for the body: it makeþe the
mouth to sauour well, it conforteth the syghty
and

A nutte
megge.

and lyke wyse the lyuer, and the spleene, and specially the mouth of the stomake, as Auicen saith. But the other commune nutte, called a wall-nutte, is hurtfull. This wallnutte, as Auicen sayth, doth enflare, it engendrethe ventosyte in the wombe, it is harde of digestion, and sterethe one to boynye, and that is by reason that it is hotte. But the.iii. nutte, that is the nutte of the crosse bowe is deth, for þ crosse bowe sleeth men. Ør elles we may understande the nutte methel; which, as Auicen saythe, is venomous, wherfore it sleethe.

*Vul. II. can.
ca de nuce
muscata.*

Adde potum piro, nux est medicina veneno.

Fest pira nostra pirus, sine vino sunt pira viriſ.

Si pira sunt viriſ, sit maledicta pirus.

Si coquas antidotum pira sunt, sed crudæ venenum.

Cruda grauat stomachum, eleuant pira cocta grauatum.

Post pira da potum, post potum uade fecatum.

In the fyſte verſe here the auctour lernethe vs to drinke wyne after peeres. For peeres (as it hathe ben before ſufficiently declared at length) engendre ventosyte: and of theyz proprete they cause the colyke; and engendre bloudde fulle of aquosytie. And therfore with them one shulde drynke ſtronge wyne: whiche conſumeth ventoſites and aquoſites engendred of peres. Secon‐dly he saythe, that nuttes iſ a remedy agaynſt venome: as it hath bene ſhewed at *Allia nux &c.* Farther in the.ii. and .iii. verſe he ſheweth, that peres that be eaten without wyne, are venomous:

R.iii. that

THE REGIMENT

that is hurtfulle to mans nature, the cause is shewed in the fyrete verse. yet for all that peres be nat venomous symply, for if they were, they wolde flee vs, and peres so doyng are accursed. In the. iii. verse he shewethe, that rawe peeres are venomous, that is to saye hurtfull: for they make the humours to boyle, and breste þ colyk, leuine, and skabbe: yet if they be sodde, they be medycynable, in maner as is before sayde, that is to say with wyue: and specially if they be eate after other meate, for so they expulce þ dregges. In the. v. verse he sayth, that rawe peres greue the stomake: for they hyndre digestion, and in-
Boke. vi. can.
ca. de pom.flat: but sodde peres releue the stomake that is greued, and disposen it naturally. In the laste verse are. ii. thynges. The fyrete is after peeres we must dynke, for the cause before sayde. The. ii. is, that after the eatynge of appuls, we muste go to syege: for Auicen saythe: If swete or sower appuls fynde any grosse humours in the stomake, they force them to dyscende frome thence to the guttes: for appulles are moche inflatiue, and engendre ventolites: whiche nature expelleth to the inferyour partes,

Cerasasi comedas tibi confort grandia dona.
Expurgans stomachum nucleus lapidem tibi tollit.
Et de carne sua sanguis eritq; bonus.

Eatyng of cherries. Here the auctoure declarethe. iii. commodytes that come by eatynge of cherries. The fyrete is, that cherries purge the stomake. This some saye

is trouth, whan the stones be broken and eaten withall. for these .ii. together, of theyz proprete scourc and clense. The .ii. is, that the kernelle of the chery stony, by his vertue, breaketh the stony in ones raynes or bladder: and it is eaten drye or made in milke. The thyde is, that y substance or meate of cherries engendreth very good blude, and it comforthe, and fattehe the bodye. And this is proued by experiance, for we see that sparrowes, whiche are greatte eaters of cherries, in chery tyme theyz lyuers be farre greater than in other seafones, wherby it appereth, that cherries encrease and colorte the lyuer, yet here is to be noted, that there be two sortes of cherries, grosse, and smalle. And eke of the grosser two sortes, some are swete, and some sower. Al dulce & smal cherries are vnholsom, for they be lightly corrupt, and bynde hermyne. The grosse & sower cherries are called *Cina*, and of these are .ii. sortes. Some be ruddy and softe of substance, and such must be eaten freshe & newe gethered, and at the begynnyng of dynner, theyz nature is to scour the stomake, and to prouoke the appetite. The other be blacke, grosse, & harde of substance, and specially the sower, And these shulde be eaten after dynner or supper. The cause is, for by theyz sowernes they close the mouthe of the stomacke, where by the better and spedier dygestyon foloweth.

Infrigidant, laxant, multum profundunt tibi pruna.

Here

THE REGIMENT

Here the auctour reciteth two vtilites that conre
by eatyng of prunes. Fyrste, prunes coole the
bodye. And therfore Portugals that dwelle in a
hotte countre, sythe prunes alwaye with theyz
meat. The second, prunes make one to laske, by
reason of theyz humydye and clammynes, as
Galen sayth. This is of trouthe if they be rype.
For prunes that be nat rype, be stypty calle and
nouryshe lyttell, as Auycen sayth. And thoughte
Damaske prunes haue the forsayde vtylyres,
yet propreslype, they be ascryued to prunes of Ar-
menye. For prunes of the countre of Armenye,
are better than any other: And they vnbypnde
the wombe moxe behemently than any other, as
Auycen sayth. And wytteh wel, that rype pru-
nes are vised, and not vnrype. And prunes most
holsome for mans nature be þ longe ones, that
haue lyttel substance about þ stone, smal, harde,
and in maner dry, and the vitter skynne thynne:
and they shoulde not be swete in taste, but some-
what sweter, and of this sorte are Damaske pru-
nes: & these refreshe & coole the body, as sayd is.
There be many other sortes of prunes, whose
use is not accepted. There be also prunes called
wyld prunes, þ whiche growe in the woddes:
these be not laratyue: of them water is distilled
to bynde the wombe. Prunes that are taken to
make one to laske, muste be fyrste layde in colde
water, for than they coole and moyste moxe per-
fectly, & by theyz slyppynnes they leuse the coler,
that

Ca. ii. alt-
mēorum.

But. ii. can-
ca. de pru-
nis.

The best
prunes

that they come to, and soo the stomacke is better disposed to receiue fode. And here is to be noted, that the moyste prunes and newe are moare alteratyon, though they be of worse nouryshement, and of moare superfluity: but drye prunes comforste moare, and better nourysheth the body. And as it is sayde by prunes, soo after the maner is understande by cheryes. Yet not with standyng the humidite of cheryes is subtyl and lesse clammy, wherby they nourysheth lesse than prunes.

Persica cum musto uobis datur ordini iusto.

Sumere sic est mos, nucibus sociando racemos.

Passula non spleni tussi ualer, est bona reni.

Here the auctour teacheth thre doctrynes. The fyfthe is. That with peaches we shoulde drinke muste for two causes. The fyfthe is, for muste is hotte, & boyleth in our bodye, whiche boylunge and heate fordothe the coldenes of the peache. The seconde cause is, peaches be ryghte colde, and cole the body verye moche. Therfore that wyne shulde be dronken vpon them, whiche heatethe moare than other: and that is muste, whiche is knownen by experiance. The maner howe we shuld eate peaches and other fruities, is declared at *Persica poma, &c.* The secod doctrine is, v with olde dry nuttes we muste eate resyns. For newe gethered nuttes are holsome all alone: but olde dry nuttes are greate dryers, and throught their vnciuolynye they lyghtelye enflame the bodye: wherfore rayns with them muste be eaten.

S

whiche

To drinke
wyne with
peaches.

THE REGEMENT

whiche restrayne inflammation and drines, by reason that they be moist. And of nuttes, is spoken moze largely at alle a nux. &c. The iii. doctrine is, that resins of corans hurt the splene, for they cause but opilation therof: yet they are holsome for the raynes, for by theyr prouokynge of vrine they pourge the rapnes.

Scrofa, tumor, glandes, ficus cataplasma cedit.

Lunge papauer ei contracta foris tenet ossa.

Here the auctour saythe, that playsters made of fygges are holsome agaynst thre diseases, that is to say, swynes yuel, kyrnels, and swellynges. By swynes yuel is vnderstande inflasione vnder the chynne aboute the throte. And hit is called scrofula a scrofa that is to saye, a lowe oz a swyne, eyther because this disease chanceth many times to swyne through theyr gulositie: ozels because þ chappe of this disease is likened to a swyne, as Auycen sayth.

By kyrnels are vnderstande impostumes, whiche commonly chance vnder the arme pyttes, and in the groynes. And by swellyng may be vnderstand inflasions in any parte of the body.

Wherfoze to hele these impostumes, and specially to ryte them, fygges shulde be sod in water, and with the water shulde be myred a lyttell curtis of byneger, þ whiche helpethe the vertue of fygges to entre. And whanne hit is sodde, the fygges muste be beaten in a morter: and than myngled with a couris of the water that they were sodde in, and so make a playster.

Aui 3. 4.
tract. 2. ca.
depostrus-
lis.

A playster
made of
fygges.

A playster is proprely a medicine made of some herbr, or flower, and the iuyce therof: as this verste saythe Cum succum ponis & herbam, tunc caras plasma facis. The. ii. vtylyte is, That a playster made of fygges and popy sede ioyneth or setteth ^{A playster} broken bones to gether agayne. And they muste of fygges be sod to gether in water without bynegre: and ^{and poppe} sede. than stampe it in a morter, and put thereto a lytel of the water that it was sodde in, and so laye it to the soze. The reason here of may be: by cause popy sede bothe taketh awaye the sensyblenes of the membrzes, wherby the ache, that is wonte to chance in breakyng of bones, is done away, and prouokethe one to slepe. And the fygges do drawe the humydytes of the bodye to the vtter partes: whiche humydytes broughte to the bones, wyl drawe, retaine, or holde them to gether, but never perfectly knyt them. And wytte the well, that there be. iii. kyndes of popies, whyte, redde, and blacke. The redde is venomous, and groweth amonge corne. The yonge scholers are wonte to stampe the flowers therof, to make redde ynke.

Pediculos, veneremq; facit, cui libet obstat.

Here be declared. ii. operations of fygges, fyffe
moche eatyng of fygges makethe one lousye: ^{Eating of}
and this is for certayne, if the fygges be dry, as ^{fygges.}
Auncē sayth. The cause is by reason of the mali- ^{Aui.ii. cā.}
ciousnes and corruption of the humour that is ^{cap. de fi.}
of theym engendred. An other cause maye be, by ^{cubus.}

S.ii. reason

THE REGIMENT

reasoun that sygges stere one to sweate moche,
wherof lyce are engendred. The .ii. operatyon
is. sygges stere one to carnal luste: and lyke wise
they haue many superfluites, and augment the
sede of generation.

Multiplicant mictum, uentrem dant escula strictum.

Escula bona dura, sed mollia sunt meliora.

Here are declared .ii. vtilites of medlars. The
fyrsste is, that they encrece vrine: that is by rea-
son that they make the dregges harde, and soo
the wattrynes tournethe in to moche vryne.

The .ii. vtilite is, that medlars make one co-
styue, by reason of their so wernes and stipticite,
and therfore the texie sayth, that harde medlars
be better to stoppe the laske. But yet the softe
medlars be better then the harde: for they nou-
ryshe moze and bynde lesse. And here is to be no-
ted, that medlars nouryshe lesse then appulles,
peares, peaches, sygges, and suchelike: whiche
thyng apperethe playnely by their egrenes of
relyshe or tasle, and hardenes of their substance
after they be typed on the tree, and therfore we
shulde eate fewe medlars, and rather in waye of
medicine than meate, and bycause medlars type
nat on the tree softe inough to eate, they muste
be layde in strawe till they be softe: And than
they be moze delectable and lesse stipticall.

Prouocat urinam mustum, cito soluit, et infat.
Here the autour recitynge .iii. ppretes of muste,
sayth, that it prouoketh one to pyste, by reason
the

the erthy partes scouryngly bittethe the bladder. whan they come therto: þ whiche constrainethe the bladder to auoyde the vryne. And this proprete is vnderstande of mustes, þ haue bytynge lees, as moche reinnishe must hath. Soz mustes that haue grosse lees do not nyppe, but rather stoppe and lette the brine, as is before sayde at Impedit urinam, &c. The ii. proprete is, must makethe one lyghtely to laske. The reason why, is shewed in the fyſte proprete. Thridly, must is inflatyue: for the boylynge that it makethe in the body, repseth vp ventosyles. The causes of these two propretes are shewed before, at Impedit urinam.

Grossos humores nutrit seruicia, uires

Prestat, augmentat carnem, generatq; cruorem.

Prouocat urinam, uentrem quoq; mollit & inflati-

Infrigidat modicum, sed plus desiccat acetum.

Infrigidat, macerat, melanc dat, sperma minorat

Siccos infestat, ieruos et pinguia siccatur.

Here the auctour rehersyng, ii. thynges declar-
eth. viii. propretes of ale or bere. Fyſte he saith
that ale engendrethe grosse humours in mans
body, whiche is of trouthe in regarde of wyne.
And after the diuersite of coyne or gros substance
that the ale is made of, the grosser humours it
engendrethe. Secondly, ale augmenteth the
strengthes: and this dothe ale that is made of
the best grayne and wel sodde, for by reason that
it nouryssheth moche, it encreaseth the strengthe.

S. iii.

Thridely

THE REGEMENT

Thyrdely, it encreaceth the fleshe: by reason that it nourysheth the moche: and for the same cause it encreaceth the bloud. And these. iii. laste propretes be in stale ale: that is well sodde, and made of the beste grayne. fyftely, it sterethe one to pylle. Sixtely, it maketh one to laske. And these. ii. propretes be in clere bere, that hath moche of the hoppe, as bere of Amburgens, whiche by reason of the hoppes it bryngeth the one in a laske. And it is not good for theym that haue a weake brayne. For this bere, by reason of hoppes, doth lyghtly ouercome the brayne. Seuently, it enflateneth the bealy: that is of trouthe if it be yll sodde, as Holland bere dothe, whiche enflateneth moche, and stoppeth, and therfore it fattereth ryght moche. The. viii. is, that a licel cursty ale cooleth. So doth bere of Holland, Wyabande, Heynaulte, and flanders. And this it is that we vse dayly. And this proprete is for certayne respects of wyne. Here is to be noted, that ale maye be made of ootes, barly, & wheate. And as the grayne is altered, so is the complectiō of the ale. Hit that is made of barly, enclyneth moze to colde; for barlye is colde. Hit that is made of barly and ootes, stoppe the lesse, and lesse ingendreth ventosytes, and nourysheth lesse. And ale made of wheetē malt, enclyneth moze to heate, it nourisheth moze, and stoppeth moze. And the grosser the ale is, the wōse it is, the subtyler the better. Farther, ale that is made of thynges,

that

that makethe one dronke is worste, as of daniel:
 For this greyne specially engendreth head ache,
 and hurteth the senowes. Farther in the texte
 are. v. propretes of vyneger. The systre is, it
 dryeth. For Auycen saythe, it is a stronge dryer.
 And therfore phisitians bydde in the tyme of pe-
 stience to vse it with meat and drynke. For

Aui. ii. ca.
cap. de a.
ceto.

Auycen sayth, he that vseth vyneger in his meat
 and drynke in pestilence tyme, nedeth nat to dzedre
 the sykens. The secod is þ vineger of his owne
 proprete colethe. Thysdely it maketh one leane
 by reason that it dryethe. And this is for a very
 trouth, if one take it fastynge, as Auycen saythe.
 Yet neuer the lesse, the continual vse of vyneger
 specially fastynge, bzedeth many inconuenientes,
 it febleth the syghte, it hurtethe the heaste, and
 causeth the coughe, it hurtethe the stomake and
 lyuer, & behemently oppresseth the senowes and
 ioyntes, berynge theym with arteticall grefes,
 with tremblynge and shakynge. Fourthly vyneger
 engendreth the melancoly humours, by rea-
 son that it cooleth and dryethe. Fiftly, vyneger
 diminisheth the seed of generation, for as moche
 as hit cooleth, dryethe, and makethe one leane.
 These sayd propretes Ralys puttethe, sayenge:
 Vyneger is colde and drye, whiche makethe one
 leane, it dystroyethe the strengthes, hit dimin-
 ishethe the sede of generation, it enforceth blacke
 coler, it weaketh ruddy sanguine coler, and ma-
 keth the meate subtile, that it is myngled with

In the last verse thauctor putteth thre thynges.
 The first is, that byneger hurteth leane folkes.
 By reason that it dryethe and the tartenes maketh it to drye the more. For lyke ioyned to lyke, maketh one the more furious. And eke euerye decayed complexion is holpe by the contrarye: and by the lyke, it is broughte in to worse case.
 Secondly, byneger hurtethe the senowes, and thydelye it makethe one leane, as is before sayde.

Rapa iuuat stomachum, nouit producere uentum.

Prouocat urinam, faciet quoq; dente ruinam.

Si male cocta datur, hinc tortio tunc generatur.

Here the auctour declareth. iii: utilites of rapes temperately sodde, and one inconuenience of the same. Fyrste rapes conforteth the stomake: for the stomake digesteth them well, and is not greued therwith. Secondly, rapes breaketh wynde, as appereþ by experience. Thirdly, ratis prouoketh the bryne. Yet besydes these propretes, Auerrois sayþe, That rapes greatly conforteth the syght. The yl of rapes is, that the continual eatynge of theym hurteth the teþe. In the laste verse he sayþ, that rapes cause throwes or gnawyng in þe bealy, by reason þe they multiply ventolites, as sayþ this verse:

Ventum sepe ratis, si tu uis uiuere ratis.

The taples of rapes leuleth the bealy. Farthermore note, that of all rootes rapes doth best notyþe mans body, as appereþ by the swetenes that

that is founde in their sauour, for al swete meates nourishe more the body than sower, bytter, or tarte. Therfore bycause rapes be the sweteste of all rootes and lesse sharpe, they be moste holosome in the waye of meate, but yet they engendre grosse melançoly blud: if they be not wel digested. And it is good to purifie theym from the fyre water, and in no wyse to eate them rawe. They sterte one to bodily lust, and clense the wayes that the vrine runneth.

Egeritur tarde cor digeritur quoq; dure.

Similiter stomachus melior sit in extremitates.

Reddit lingua bonum nutrimentum medicine.

Digeritur facile pulmo, cito labitur ipse.

Est melius cerebrum gallinorum reliquorum.

Here the auctour reciteth fyue thynges. The fyriste is, that the harte of beastes is slowely dygested, by reason that the harte fleshe is melançolious, whiche is hardly dygested, and slowely descendeth, and as Aluycen sayth, is vnholosome fleshe, and as Rasis saythe, it nourisheth lytell. The secōd is, that the mawe lykewylpe is yl of digestion, and slowe of discendyng, by reason that it is a senowye membre and grystlye, wherfore hit dygestethe yll, and engendrethe yll bloudde. Farther the texte sayth, that the extreme partes of the mawe, as the bottum and brimme are better dygested, by reasonne that those partyes are more fleschy and fatte. The third is, that y^e tongue is of good noysement, and that is touchynge

Aui. 2. cā.
ca.de nuce

T the

THE REGIMENT

Aui.ii. ca.
capitu. de
carne.

the roote, as Auycen saythe, by reason that it is
fleshye, and easye of dygestion. And amonge all
other, a rosted pygges tongue, the skynne scraped
of, is lyke brawne, as prynces katurers knowe.
A netes tongue by reason that it is moyste, is nat
very holsome. But for all this, these delycate fe-
lowes, or they roste a netes tongue, they stoppe
hit with cloues, wherby the moystenes is dy-
mynysched. And the meate is apter to eate.

Auf. can. i.
ca. de pul-
mone.

Aui.ii.ca.
none.

The fourth is, that the lyghtes are easy of dige-
stion, and easy to abyde out, and this is by rea-
son of theyz naturalle softenes. Yet theyz nou-
ryshement is lyttell and vnholsome for mannes
nature, for hit is fleumaticke, as Auycen sayth.
And here is to be noted, that though the lyghtes
of a tuppe be vnholsome to eate, yet it is medici-
nable for a kibed or a soze hele, if it be layde hote
therevnto, as Auycen saythe. The v. is, that a
hennes brayne is best: whiche (as Auycen sayth)
stancheth bledyng at the nose. Hit must be eaten
eyther with salte or splices, for of it selfe hit pro-
uoketh one to vomyte. And phisyltions saye, that
chekyns braynes augmente the memorye.
The brayne of hogges are vnholsome for man.
But the brayne of a shepe, of a hare, or of a cony,
may be eaten with salte or splices. And of braines
we haue moze largelye spoken before at Nutrit et
impinguat, &c.

Eating of Semen finiculi, fugat et spiraculi culi,
fenel sese. Here thauctour rehersinge one doctrine of fenell
sede

ſede, ſaythe, it breaketh wynde: by reaſon that it is hotte and drye. And phylſitions ſaye, that the eatynge of fenelle ſeede engendreth. iii. commodityes. Fyrſte, it is holsome for the ague. Secondly it auoydeth poison. Thirdly, it cleſeth the ſtomacke. And fourthly, it ſharpeth þyghte. These fourre vtilites are reherſed in theſe two verſes.

*Bis duo dat marastrum, febres fugat, atque venenum;
Et purgas ſtomachum, lumen quoque reddit acutum.*

And Auicen reherſing theſe. iii. propreties ſaith, Auicen. ii. Democritus demed, that venemous wormes ^{ca.} cap. de deſyze newe fenelle ſeede, to conforſte and ſharpe ſeniculo. theyz ſyghte; and ſerpentes after wynter, illuyng out of theyz caues, do rubbe their eies ageynſte fenelle, to cleare theyz ſyghte. Farther note, that fenelle digeth ſlowely, and nouryſheth þl and lyttel: and therfore it is uſed as a medicine, and nat as meate. Wherfore it ought nat to be uſed in the regyment of helthe, but to expelle the vnholſomenes of other meates. As we uſe ſome tyme to eate perſely with lettis, to reſylſte the coldenes and humidite of the lettis: ſo lyke wiſe fenell may be ſodde with gourdes and rapes, to withstande the vnholſomenes of them.

Emendat viſum, ſtomachum conforſat anisum.

Copia dulcoris anisi ſit melioris.

Here thaucour reciteth. ii. vtilites of anis ſede. Fyrſte, it conforſteth the ſyghte, and ſecondly the ſtomacke: by reaſon that it heatethe and mundyſieth the ſtomacke: and eke for the ſame reaſon it

C. ii. conforſteth

THE REGIMENT

Moste hur
full for the
syghte.

Aui. 2. cā.
ca de aniso

Auicen 2.
can, cap. de
spodio.

comfortethe the syghte, for nothyng hurtethe
the syghte more, than vnclemnes of the stomake.
For from the vncleane stomake vncleane vapours
ascende to the eyes & trouble and hurt the spirites.
These are the . ii. propretes of dulce anys sede.
And belyde these, Auicen rehersyng many other
profyttes of anis sede, sayth, that it aswageth do-
lours, breaketh wynde, and quencheth the thyriste,
caused of salte moystenes, it openeth opilations
of the lyuer and splene, engendred of humidites:
and lykewyse of the raynes, bladder, and ma-
trice: it pouoketh bryne, and menstruous flyre:
it clensethe the matrice from white humydites,
and stereth one to carnall luste.

si crux emanat spodium sumptum cito sanat.
Here thauctour putteth one cōmodite of spodium,
And that is, that spodium take, healeth the bluddy
sire: by reason that & vertue therof comfortethe
the lyuer, and so the liuer foxtified (whiche is the
original fountayne of bloud) the bloud is there
better reteyned. And Auicen saythe, that spodium
is the rootes of reedes burned. And it is sayde, &
these rotes, moued by the wynde, and rubbyng
them selfe to gether, burne one a nother . Yet
Symon the Janwaye saythe, that spodium is a
thyng, whose begynnyng is unknowen unto
vs: it semethe to be a thyng brente, and diuisi-
ons of reedes burned. And it doothe not onelye
helpe the blouddy flyre, but also the laske and
spuyng, as Rasis saythe . It helpethe also a
charpe

Sharpe ague, and is comfortable ageynste the shakynge therof, and for ouer moche auoydynge of coler it helpeth the stomacke, as Auicen saith. And as spodiu doth helpe and comforte the lyuer, so ther be other medicins, that haue lyke aspecte and lyke properte to comfort other speciall mem- bres: as Mace the harte: Muske the brayne: Lykeres the lyghtes: Caput the splene, and ga- lyngale the stomacke. As appereth by these vses.

*Saudet epar spodio, mace cor, cerebrum quoq; musco.
pulmo liquiricia, splen, epar, stomachusq; galanda.*

Vas condimenti preponi debet edenti.

Sal virtus refugat, et non spaciumq; saporat.

Nam sapit esca male, que datur absq; sale.

Vrunt persalsa visum spermag: minorant.

Et generant scabiem, pruritum, sive vigorem.

Here the auctour teachyng. iii. thynges saythe. That before all other thynges salte must be sette vpon the table, as the vulgar verles teache vs:

Sal primo ponit debet primoq; reponi.

Omnis mensa male ponitur absq; sale.

Secondly he saythe, that salte resysteth venome for. ii. causes. Fyrste for that salte is a drier: and so dryeth vp the humidites that wolde corrupte. An other cause is, that salte drieteth & suppresseth the humidites, drawynge them out of the body, and soo shuttethe the poores, and consequently stoppethe the entrance of venome, whiche is wonte to entre by the poores. Secondly he saythe, that salte maketh mans meate sauory. For comonly we se no meates sauory withoute salte, as sayth

C.iii.

the

THE RIGEMENT

Phi. in de
sensi et se
fato.

the thyde verse. Thydly thauctor openeth. iii. incoueniēces of salte, or meates to moche salted. Fyrste, ver salte meates marre the syght, for. ii. causes. The fyreste is, that salte thynges dry ouer moche, whiche is contrary to the eies, the instrumentes of syghte: for the eies are of the nature of water, as the Phylosopher saythe. The. ii. cause is, for that meates verye salte engendre ytche and nyppynge, in maner as is afoore sayde. Of mozdicatiue meates beyng in the stomacke, sumis mozdicatiue are listed vp, whiche by their nyppynge hurte the cies, and make theym very red. And therfore we se þ they that make salte, haue commonly redde eyes. The. ii. hurte is, that ver salte meates dryminishe the seede of generation: by reason that ver salte meates dryghe moche all the humidites of the body: wherby the sede of generation is dryed, and soo made lesse. The. iii. hurte is, it engendreth the scabbe: by reason that salte engendreth a sharpe bytyng humour adust, whiche causeth the scabbe. The. iv. hurte is, it augmenteth ytche: by reason that it engendreth a mozdicatiue ytchynge humour. And of these. iii. hurtes Rasis speketh. Farther it burneth their bloud that take great quantite therof: it feblethe their syghte, it mynysheth the sede of generation: and engendreth ytche and scabbe. And bysydes these hurtes, verye salte meate engendreth ryng wormes. Drye scurves, moþphewe, lepȝy, in theym that be disposed

disposed there vnto, and steele the passage of the bryne: whan they are longe continued: Yet whan it is a lyttelle polwdred, hit taketh awaie lothyng, And maketh one to haue a good appetyte.

Hi feruore rigent tres salsus, amarus, acerius.

Alget acetosus, sic stipans ponticus atq;

Vnctus et insipidus, dulcis dat temperamentum.

Here thauctour reciteth the qualities of al sauerynes. Fyrste, he saythe, that these thre sauerynesses or relysshes, saulte, bytter, and Sharpe, heate the body that receyuethe ym. Secondly he sayth, that these thre sauerynesses, tarte, stipicall, and pontike, coole. Thydelye he saythe, that these thre relyshes, vncuous, vnsauery, and swete, are temperate, they make the bodye neyther hotter nor colder. Ffurther, after Auycen there be. vissi, talages or sauerynesses, þ folowe vnsauerynes: & they be, salt swete, bytter, Sharpe, terte, pontyke, styptycke, and vncuous: and to number vnsauerynes for sauerynes, as the texte dothe, there be. ix. and than sauerynes is taken so euerye thyng iuged by taste. And amonge these tallages there be thre hott, as saythe the texte, salte, bytter, and Sharpe: and, as Auycen saythe, the Sharpe is the hotter, and the next salt, and than the bytter: For as moche as Sharpe is stronger than the bitter is, to resolute and scour the incidentes. And than salte is lyke bytter, broken to gether with colde humydite. And of these

Au.ii.can.
trac.1.ca.3

THE REGIMENT

these tallages, thre be colde, eger, styptycke, and pontyke. But pontyke is colder than the other: and next thereto is styptyke. And therfore all frutes, that come to any swetenes, haue fyre a tallage pontyke, of a vehement coldnes, and after that the frutes by the heate of the sonne, be digested, there appereth in them styptycke, and after they declyne to lowernes, as grapes, and than to swetenes. And though the tarte be not sooo hotte as stiptike, yet by reason that hit is subtile and persynge, hit is in many of moore coldenes. And after Aluicen pontyke and stiptike are in tallage very lyke, but yet the stiptike causeth the vpper parte of the tonge to be sharpe and roughe, and pontyke causeth the tonge to be roughe within. And thre of these tallages are temperate, neither excedyng heate nor colde, as swete vnguous, & vnsauery, for though swete be hotte, yet therin apperethe no myghty heate, as Rasis saythe. And euery tallage hath his owne operations, as Aluicen and Rasis say. The operations of swetenes be digestion, sokyng, and increasyng of no-ryshement, and nature louyngely desyreteth hit, and the vertue attractiue draweth hit. And Rasis sayth, that swetenes engendreteth moche ruddye colour, and opilations of the lyuer and spleene, speciallye if the sayde membris be apte thervnto. And therof folowethe the syre. Hit mollyfyeth the stomake, and conforteth þ brest and lyghtes, it fatteneth the bodye, and augmen-
teth

teth the sede of generation. The operations of bytter is to sharpe, and to wasshe awaie. And after Rasis, bytter heateth and dryeth strongly, and lyghtly reduceth the bloud to adust malice, and augmenteth the ruddy colour in the bloudde. The operations of pontike talage, after Auicen, is contraction, if the ponticite be feble: oþ elles expreſſion, if it be stronge. And after Rasis, pontycke cooleth the bodye, and it dryeth the fleshe, and dynymisheth the bloudde, if one vſe it ofte. Also it comforteth the stomacke, it byndeth the wombe, and engendreth the melancholye bloudde. The operation of styptyke talage after Auicen, is contrary, thyckynge, hardenyng, and holdynge. And after Rasis the operations therof are lyke ponticke, though they be weaker: for he semeth to cōprehende stiptike talage vnder pontike: for of stiptike he sayth nothyng expreſſely. The operations of vnciuous tallage after Auicen are sokynge, slyppynge, and small digestion. And after Rasis it mollyfyeth the stomacke, hit maketh one laskatine, and filleth one oþ he hath taken any necessary quantitie of meate: and hit heatethe, speciallye theym that be vexed with a feuer, and that haue a hotte lyuer and stomacke. Hit moysteth and soketh the body, but hit augmenteth fleme & slepe. The operations of Sharpnes be resolutiō, incision, and putrifaction after Auicen: And after Rasis hit encreaceth heate, and lyghtly enflameth the bodye, and it bourneth

THE REGIMENT

neth the bloudde, and tourneth it in to redde color, and after in to blacke. The operations of salte talage, after Aulcen, is to scour, washe, and drye, and hit letteth putrifaction. The operations of sharpe talage, after Aulcen, is to cole and dryde: and after Rasis, it refrayneth coler and bloudde, and restrayneth the bealye, if the stomake and guttes be cleane: but if there be to moche fleumatike matter, hit maketh the bealy to laske, it cooleth the bodye, and eke wekethe the vertue of digestion proprely in the lyuer.

It hurteth the senowes and senowye membris, it dryeth the body, but it stereth vp the appetite. And Rasis sayth, that some vnsauery thing nourysheth well, and that is suchc as is temperate. There is other some that heateth temperatelye. And a nother that cooleth temperatelye, and if moystnes be ioyned there with, it moysteth; and with a drye thyng, it dryeth.

Bis duo vipa facit, mundat dentes, dat acutum.

Visum, quod minus est implet, minuit quod abundat.

Here are declared fourre cōmodites of wyne sōpes. The fyfte is, they pourge the tethe, by reason that they sticke longer in the tethe, than wyne alone or breadde alone: therfore the fylthynes of the tethe is the better consumed, and the tethe the better pourged. The ii. commodite is, that it sharpeth the syghte: for it letteth the yl fumes to ascende to the brayne, whiche by theyz mynglynge together, darketh the syght. And this is

by

by reason that it digesteth all yll maters beyng
in the stomacke. Thyzdly, it dygesteth perfytely
meates nat wel digested: for it closeth the mouth
of the stomacke, and comforzeth digestion.

Fourthlye, it reduceth superfluous dyggestyon
to meane. And all this is of trouthe, so that the
breadde soppes in wyne, be fyrt tosted, or dryed
on imbers.

Omnibus assuetam iubeo seruare dietam

Approbo sic esse, ni sit mutare necesse.

Est Hippocras testis, quoniam sequitur mala pestis.

Fortior est metha medicina certa dieta.

Quam si non curas, fatue regis, et male curas.

Here the auctour recytyng certayne doctrynes
sayth, that it is good for al folkes to kepe custo- To kepe
mable dyete. And by dyete is understande the
mynstryng of meate and dynke. The brea-
kyng from custmable vse hurteth greuously:
for custmance is a nother nature. Therfore, as
it behouethe vs to kepe nature, soo lyke wyse it
dothe custome: and specially yf the custmable
vse be laudable. And as it behoueth to kepe the
custmable admynistration of meate & dynke:
euен soo it behoueth vs to obserue custome in o-
ther thynges nat naturall, for the selfe reason.
Wherfore if a man yis wonte to laboure moche,
wyll forgo this custome and lyue ydelly: or la-
bour moche lesse: or go in hande with other la-
bour: or take a nother tyme, or a nother waye:
vndouted it shall ryghte moche infeeble hym.

Uii

So

THE REGIMENT

Hoo in lyke maner it is in mans dyete, in his
slepe, in his watche, and suche lyke accidentes.
For truly good custome in al thyng must nedes
be obserued, if it be laudable or indyfferente in
goodnes or hurtfulnes, in respecte of it, wher-
to the chaunge is made. And wytteth well, that
they that be accustomed to labour, and exercys
them selfe in any kynde of labour, and all be it
that they be feble or olde, it greueth them lesse:
and they labour moare strongly than if they were
yonge felowes, vnaccustomed, as Hippocrates
Hipp. ii. a.
phorismo. saythe, by reason that these feeble or olde parso-
nes haue moare inclynation and custome to these
labours. For nowe the custome before taken is
lyghter, as is sayde in the aforesayde Aphorisme.
And this is the cause, why we se olde and feeble
craftes men, to do it that stronger and yonger
than they can nat do, and it greueth them lesse,
as a feble olde mylner to lyfte a great weyghtye
sacke: A smith to welde & labour with a greater
hammer, than a yonger man nat thereto accusto-
med. The. ii. doctrine is, that greatte harme
foloweth change of diete, as Hippocrates sayth:
excepte it be nedefull to chaunge it. Fyssle it is
nedefulle to chaunge it, whan greuous dyseas-
ses shulde growe therby: as custome to fede on
yll meates, whiche at lengthe of necessyte wyll
bzedde in vs yll diseases. Suche a custome and
other lyke must nedes be amended and changed
by lyttell and lytell, but nat sodaynely. For all
sodaine

sodayne changes hurte vehemently, specyally from a thyngē customeable, to vnaccustomable. Secondly, it is nedefull to change, to thentente it shoulde lesse greue vs, if we happen to change our diete. For he þ vseth him selfe to al maner of diete, shall hurte him the lasse. And this must be vnderstande of other thinges nat natural, for as Hippocrates saythe. A thinge longe customed, Hipp. 2. a=phorismo. though it be worse than these that we haue nat vseth, hurte the body lesse. Therfore it behoueth vs to vse thinges vnaccustomed. And here is to be noted, that euery man shulde take hede, howe he accustomethe hym to one thyngē, be it never so good, whiche to obserue were nedefull. Example: If a man custome hym to one maner meate or drynke, or to absteyne holly from them, or to slepe, or to knowe a woman carnallye, it were very dangerous for hym, if he other whyle muste absteyne from his custome. Therfore eury body shulde be dysposed, to indure heate and colde, and to al motions and nouy shemen-tes, so that the houres of slepe and watche, the house, bedde, and garmentes, may be chaunged without hurte: whiche thyngē maye be done, yf one be nat to nere in obserunge custome. Therfore other whyle it behouethe to chaunge customeable thynges. Thus saythe Ralys. The. iii. Ralis. 3. al. ca de cōseruat. cōsaer. doctrine is, that the stronger and nerer waye in healyngē a paciente, is to mynystre a certayne dyete: For whiche if the phisition doth nat care

THE RIGIMENT

and wyl mynster an other vndue dyete, he go-
uerneth his patient folysely, & healeth hym yll.
There maner of dy-
etes, And note, that there be three maner of dyetes,
grosse, whiche is holle folkes dyete, sklender di-
ete, whiche is to gyue in maner nochynge. The
thirde is meane dyete: which absolutely is called
sklender. And this diete is diuided in to sklender
diete, declynyng to grosse diete: as the brothe of
fleshe, rere rosted egges, small chyckynnes: and
declynyng to sklender diete, as Mellicratum, and
wyne of pomegranades: and meane diete, whi-
che is called certayne diete, as barlye ieuice nat
beaten together. And this certayne dyete is
holsome in many dyseases, but nat in all. It is
not holsome in longe diseases: for in luche disea-
ses, the myght of the pacient, with luche meane
dyete, can nat indure to consume the lyckenes,
without great debilitate. Therfore in luche disea-
ses, the meate muste be ingrossed. Lyke wyse it
is vnholsome in sharpe diseases, as these yende
within. iii. dayes space or soner: for in luche most
sklender dyete is beste, as Hippocrates saythe.
The most souerayne helpe is to diete the pacient
after his strength and corporall myghte.

Quale, quid, et quando, quantū, quoties, vbi dando.

Ista notare cibo debet medicus dietanda.

Here thauctour reherseth. vi. thynges, to be co-
lindered of y phisition in ministring of diete. First
of what qualyte the meate oughte to be: for in
hotte lyckenes, he muste dyete the paciente with
colde

colde meate, in moyste sycknes with drye meate,
and in drye syckenes with moyst meate. Yet the
naturall complexion muste be obseruedde with
dyete lyke therto. For Galen saythe, The hotter Gal. i. reg.
bodyes nedē the hotter medycynes: the colder
bodyes, the colder medycynes. The. ii. thynge
is, of what substaunce the meate ought to be.
For they that be stronge and lustye, and exercise
great labour, must be dieted with grosser meate,
for in them the waye of digestion is stronge, and
so they oughte not to vse sklender meates, as
chyckyns, capons, veale, or kydde: For those
fleshes in them wyll bourne, or be dygested ouer
soone: wherfoze they muste nedēs eate ofte.
But noble men, and suche as lyue restfullly must
vse diete of sklender substance, for in theym the
virtue digestiue is weake and not able to digest
grosse meates, as bacon, befe, and fylsche dryed
in the son. Lyke wise they that be sycke of sharpe
diseases, ought to vse more sklender dyete, than
they that be sycke of longe diseases, as a feuer
quartane. The thyrd is, what tyme dyete ought
to be gyuen: for they that be in helth ought spe-
cially to regarde custome. Wherfoze they that
rise rarely in sommer, and eate but two meales a
daye, oughte to eate aboute the houre of. x. or a
lyttel before: & not to abyde tyll noone, bycause
of the ouer greate heate. Lyke wyse they oughte
to suppe aboute the houre of. vi. or a lytel after.
But in wynter they ought to dyne at a.xi. of the
clocke

THE RIGIMENT

clocke, or of. xii. bycause of the longe sleypnge:
 and than to suppe at. vii. a clocke, or a litel after.
 And specially custome shuld be kept. Tyme also
 in dietynge of lycke folkes. must be consydered.
 For they that haue an ague, whan it begynneth
 to vexe them, or a lyttell before or after. They
 shulde eate nothyng: for if one eate a lyttell be-
 fore, or whan the fytle cometh: therby nature,
 that shuld entende to digest the meate, is diuer-
 ted an other waye. If he shulde eate soone after
 the fytle is goone, hit were vnholosome: For the
 vertue of digestion is verye weake, by reason of
 the fytle past: Therfore he must eate so longe a-
 foyre, as þe meate may be dygested et þe fytle come.
 Or elles so longe after the fytle is goone, whan
 nature is come to due dysposytion. This is of
 trouthe, excepte ye dzedre greate feblysshynge of
 nature. For than at all tymes he muste eate.
 For whan soo euer mans strength is feblysshed
 by any chaunces, he shulde eate forþe with, as
 Galen sayth. Fourthly the quantite of the meate
 must be consydered: For as hit is before sayde,
 in somer we muste vse a small quantite of meate
 at every meale, for than the naturalle heate is
 feble through the ouer great resolutions. But in
 wynter one may eate a great deale of meate at a
 meale. For than the vertue digestiue is stronge,
 whan the naturall heate is vned throughe cir-
 cumstant colde, as we said at Temporibus veris. &c.
 The. v. is, howe ofte we shoulde eate in a daye.

Gz. in cō. a
 phorismi.
 Cōrēplari
 autē. &c.

For

For in sommer we muste eate oftener thanne in wynter, in autumpne and her a lyttelle at eche meale, as is before sayde. Lyke wyse, if the vertue digestiue be weake, we muste eate lyttel and ofte: but if the vertue dygestiue be stronge, we may eate moche, and make fewe meales &c.
 Suytely, the eatynge place muste be considered: whyche shoulde not be to hotte nor to colde, but temperate.

Ius caulis soluit, cuius substantia restringit.

Vtrq; quando datur, venter laxare paratur.

Here the auctour declaryng the thinges, sayth,
 That the brothe of coole wortes, and specially
 the fyſt broth, if they be sodde, leuseth the bealy:
 by reason that in the leues & bitter partes of cole
 wortes, is a sopy scouryng vertue, weakelye
 cleuyng and lyghtely separable by small deco-
 ction or boylyng: whiche spredde abrode by the
 same water, is made laratiue. And this is the
 skele that the fyſte watet, that cole wortes be
 sodde in, make one laratiue rather than the se-
 cond. The secōd is that the substance of cole woz-
 tes after they are boyled, restrayneth the bealye:
 by reason that all they; vertue laratyue is taken
 awaye by the decoction, and the erthye dyppe sub-
 stance remaineth, whiche byndeth the wombe.
 The third is, that both taken to gether, the broth
 and substance of cole wortes, leuse the bealy: by
 reason that the scouryng sopy vertue remaineth
 in the water, whiche leuseth all. And note, that

THE REGIMENT

Ar.3. part.
problem.
Aui.ii.c.2.
Rasis.3.al

colewoztes engendre melancoly humours, and
yl dreames, they hurte the stomacke, they noyshe
lyttell, and duske the syghte, and cause one to
dreame, and they prouoke menstruosity and
wyne, as Auicen and Rasis saye. Farther moze
note, that the decoction or seede of colewoztes,
kepe one from dronkennes, as wryteth Aristotell.
And this thynge is assaymed of Auicen & Rasis.
The reason, as some thynke, is the grosse fumes
that by eatynge of colewoztes are lyfted vp to the
brayne, engrossyng the fumolites of the wyne,
whiche engrossyng doth lette theym to entre to
the brayne. Aristotle sayth, that all thynge that
draweth to it the moystenes of the wyne, expel-
leth it frome the bo dye, and that that cooleth the
body, kepereth it frō dronkennes: colewoztes
are of suche nature, ergo. sc. And that colewoz-
tes are of this nature, he proueth thus. By the
feuse of colewoztes, the vndigested humidites of
the wyne are drawen from all the bodye in to the
bladder: and by reason of the colde ieuse that re-
mayneth in the stomacke, whiche cooleth all the
bodye: the persyng of the wyne is fordone.
And so by this meane it kepereth a man sobre.
For the subtile superfluites that naturally coude
nat discende, by reason that the heate of y wyne
stereth them to asced vpward towardes y braine,
are represed downe, and by vertue of this ieuse
are drawen to the bladder.

Dedixerunt malum veteres, quia molliat aluum.

Melue

Malue radices rade dedere feces.

Value nocuerunt, & fluxum sepe dederunt.

Here thauctor rehersyng. 3. propretes or effectes
of malowes saythe, that they mollify the bealy. Malowes.
There be. iii. that mollyfie: malowes, and dou-
ble malowes, *Bianca*, *Ursina*, and *Mercurys*, of
whiche mooste commonly clysters be made, to
mollyfye all indurate and harde matter in man.
There be. ii. sortes of malowes, the one beareth
a bloudde redde flower, the other a whyte flower,
and this pprely doth mollyfy more than þ fyrt.
The . ii. effecte of malowes is, þ malowe rootes
shaued, and suppositoires made of theym, such
as phisyltyons are wonte to make of *Mercurye*,
drawe out of mā the indurate matter and dreg-
ges. The. iii effecte is, malowes cause the men-
struous flyxe in women, and that thoughe the
great moystryng and slyppynes therof: wherby
the beynes about the matrice sone poure out, as
Platearius saythe, And as appereþe by expe-
ryence.

Mentitur menta, si sit depellere lenta

Ventrī lumbricos, stomachi vermesq; nocuos.

Here thauctour saythe, that a mynte shulde not
be called a mynte, excepte it haue myght to kylle.
wormes in the bealy and stomacke. A mynte hath
a greattē stronge sauour, and is ryghte hytter:
and therfore as worme wodde kylleth wormes,
soo dothe the mynte. And the ieuise therof, as of
wormewodde mynste be dronke & nat the substāce,

THE REGIMENT

And by cause it is hotte and drye, and bournethe
the bloud, it is vnholosome in the waye of meate
in the regiment of helthe. But yet in medicines,
it is holosome, for it comfortethe the stomacke,
and heateth it, and syntethe yeryng, & digesteth,
and prohibite the vomite scimaticke & sanguynne,
and through inflation sterethe one to bodyly lust,
and prohibite the spytyng of bloud, it is very
holosome ageynst the bytyng of a madde dogge,
and if ye crymble mynte in to mylke, it wyll ne-
uer tourne to make a chese, as Auicen sayth.

Aui. 2. cā.
ca. demēra

*Cur moritur homo, cui salvia crescit in horto.
Contra vim mortis non est medicamen in hortis,
Salvia confortat neruos, manumq; tremorem
Tollit, et eius ope febris acuta fugit,
Salvia, castoreum lauendula, premula veris.
Nastur athanasia sanant paralitica membra,
Salvia saluatrix natura consiliatrix.*

The
bounre
of sage.

Here the auctour touchyng pryncipally. iiii. thin-
ges, sheweth the greate utilite of sage, as kynge
as though he doubted: wherfore man dyethe,
that hath sage growynge in his gardeyn.
He answereth in the. ii. verle, that no medycyne
growynge in the gardeyn can withstand dethe,
all though in the gardeyn growe medycines,
that kepe the body from putrifaction, & defende
that naturall humidite be nat lyghtly consumed
away, as techeth Auicen, sayeng. The science
of phisicke doth not make a man immortall, nor
it doth not surely defend our bodyes from oute-
warde

Aui. iii. i.
ca. sing.

ward hurtful thynges, noz can not assure euery man to lyue to the laste terme and daye of his lyfe, but of. ii. thynges it maketh vs sure, that is from putrifaction and corruption: and defendeth that naturall moysture be nat lyghtly dys- solued and consumed. Secondly, he putteth. iii. effectes of sage. The fyfste is, that sage comfor- teth the senowes: for it dryethe the humydtes, by whiche the senowes be let and leuscd. The. ii. is, that it takethe awaye the shakynge of the handes: by reason that it comforsteth the seno- wes, as is sayde, nowe all thyng that comfor- teth the senowes, remouethe tremblynge. For tremblynge comethe of feblenes of the senowes. And therfore some old men and women specially putt sage leaues in their meate & dynke. Thirdly, Sage letteth the sharpe ague to assayle vs, by reason that it dryethe humours, it lettethe them to puttifie, wherby a sharpe feuer myghte be engendred. Farther note, that sage is hott and dry, & therfore it is not very holosome alone in waye of meate. Yet bycause sage comforsteth the senowes greatly, folkes in helthe doo vse it moche. ii. maner of wayes. Fyfste they make sage wyne: whiche they dynke speciallye at the begynnyng of dinner or supper. This wyne is holosome for them that haue the palley or falling lycknes, moderately taken, and after the pur- gation of the accidente matters. Secondly they vse sage in sauces: for it sterethe vp a mans ap-

The ver-
tue of
Sage.

Sage
wyne.

X. iii. petyte,

Two
kyndis of
Sage.

Aui.ii. cā.
ca. de cast.

petite and specially whan the stomacke is full of
yl humours, raine and vndigested. There is . ii.
kyndes of sage: One that hath the greatte brode
leaues. An other commonly called noble sage,
whose leaues be moze narowe and lesse: phisiti-
ons call it silifagus. Tydely thauctour reher-
seth . vi. medicines good for the palsey. It is
sayde that sage, castoyme, that is a castors stones,
Lauander, Primeroise, Matercresse, and Tan-
sey, cure and heale inembres enfect with palsey.
Why sage doth helpe it we haue shewed, for it
comforteth the senowes, whiche the palsey wea-
keth. And eke bycause sage is hotte and drye, it
consumeth the fleumatyke matter that remay-
neth in the senowes, wherof the palsey bredeth.
And that castoyme is holsome for the palsey, ap-
pereth by that it is mooste comfortable, in hea-
tyng and dryenge of senowes: For Auien saith
therof, that it is subtler and stronger than any
other that heateth & dryeth. And after he saythe,
that it comforteth and heateth the senowes, the
Shakynge, the moyste crāpe, and benomed mem-
bres caused of the palsey. And eke he saith: there
is nothyng better for ventolite in the eare, than
to take as moche as a pease, and temper it with
eyle of Spyke, and so let it droppe in to the eare.
Castoyme hath the manye other vertues, whiche
Auien reherseth. Castorium is the stones of a sea
beaste called Castor. The oyle also of Castoyme is
as specially good for the palsey, as Castoyme, af-
ter

ter the boydynge of the matter, for than it consumeth the residue of y mattier that remayneth, and comforteth the senowes. Of lauender appereth. For the swete sauoure thereof comforteth the senowes, and the heat thereof doth consume the palsy mattier. And also of the Pymerose eke appereth: for the swete sauour and heate therof comforteth the senowes. This flower is called *Premula ueris*, bycause it is the fyfte swete flower that spryngeth in ver. The. v. is a watercresse, for it is hotte, drye, subtile, incisive, & resolutiue: wherby it taketh away the mattier of palsey. And Auicen sayth, it comforteth all mollificacio of the senowes, for it heateth and draweth oute fleme, and clenseth the senowes from fleme, and phisitians counsayle vs to eate water cresses in lente, bycause lenten meate is fleumatike. Water cresse is a comon herbe growyng in cold, stony, and watryshe places, where as be manye wel sprynges. The. vi. is tansey. The vertue of this herbe is to purge fleme, and the heate therof dryeth the senowes. Also it purgeth a manne from wormis, and from the matter wherof they be engendred. And therfore frenche men use comonly to frye egges therwith in the Ester weke, to pourge awaye the fleme, engendred of fyfhe in the lente, wherof wormes are soone engendred in theym that be thereto disposed. In the ende of the texte thauctour sayth, that sage is called the sauor and keper of nature.

Nobilis

THE REGIMENT

Nobilis est ruta, quia lumina reddit acuta.
Auxilio ruta uir quippe videbis acute.
Ruta viris coitum minuit, muleribus auget.
Ruta facit castum, dat lumen, et ingerit estum.
Cocta facit ruta de pulicibus loca tuta.

Fourre p.
preties of
rewē.

Au ii. can.
ca.de ruta.

To kylle
flees.

Auic. 6. 4.
tra 3.ca.de
effug.puli-
cum.

Here thauctor declarynge fourre propretes of rue
saythe, it sharpethe the syght, and proprelye the
teuse therof, as Auycen saythe, and as is before
sayde at Allea nux ruta. The ii. is, rue diuinisheth
the desyze of carnall luste in men, and in women
reue augmenteth it: for by reason that rue heat-
eth and dryeth, it diuinisheth the sede of men:
whiche is subtile and of the nature of the ayer,
but in women rewē maketh subtile and heateth
the seede, for in them it is watterye and colde,
and therfore it stereth them more to carnall lust.
The iii. is, rewē maketh a man quicke, subtile,
and inuentyfe: by reason that by heatyng and
dryenge, it maketh a mans spiritis subtile, and
so clereth the witte. The .iv. is that the water
that rewē is sodde in, cast and sprinkeled aboue
the house, ryddeth away flees, and as phisitions
saye, it kylleth theym. And after Auycen: whan
the house is sprynkled with the water of wylde
gourdes, the flees lepe and flee awaye: and lyke-
wyse doth the water that blacke thorne is sod in.
And Auycen sayth, that some haue sayde, that if
gootes bloudde be put in a pytte in the howse,
the flees wyll gether ther unto and dye. And like-
wyse if a logge be anointed with the greace of an
yrrchin

þrþynne, the fleas wyll gether thereto and dye. Fleas can nat abyde þe sauour of coleworches, nor leaues of Cleander. Some say, that nothynge is better to auoyd fleas than thinges of stronge sauour: and therfore rewe, myntes, horse myntes, and hoppes be good, and aboue all thyngeþ horſe dunge, or elles horſe stale is the chiefe. Also the house spynckeled with the decoction of rape sede, kyllerþe fleas. And the parfumynge of the house with a bulles horne, dzyueth away fleas. Yet to take fleas, nothunge is better than to laye blankettes on the bedde, for therin they gether them selfe.

De cepis medici non consentire uidentur.

Colericis non esse bonas dicit Galenus.

Flegmaticis uero multum docet esse salubres,

Presertim stomacho, pulchrumq; creare colorem.

Conturis cepis loca renudata capillis,

Sepe fricans poteris capitum reperare decorem.

Here thauctour speaketh of oynpons, and decla-
reth. v. thyngeþ. Fyrste touchyng theþ opera-
tion phisitions agree not. For some say they be
good for flematike folkes, and some say nay, as
Rasis, whiche saythe, that they engendre super-
fluous and flematike humours in the stomacke.
Secondly Galen sayth, they be righte hurtefull
for colerike folkes, bycause, as Auycen saythe,
oynpons be hotte in the thyrdde degree, & therfore
they hurte hotte folkes, as colerike be. Thyrdly
oynpons be holsome for fleumatike folkes. For
Y they

of oynpons.

THE REGIMENT

they be hott, persyng, subtile, scouryng, and
openyng, wherfore they dygeste, curte, make
subtile, and wype awaie fleumatike and clamy
humours, growen in the fleumatike folkes.
Fourthly, oynions be holsome for the stomake,
for they bothe heate and mundifie it from fleine:
And therfore Aluicen saythe, that it, that is eaten
of the oynion, through the heate therof comfor-
tethe a weake stomake. And therfore they make
a man well colozed. For it is impossible for one
to haue a lyuely colour, if his stomake be very
fleumatike, or sylled with yll, rawe, and fleuma-
tike humours. The. v. is, that oynions sodde
and stamped, restoore heates agayne, if the place
where þ heates dyd growe be rubbed therwith.
This is of trouthe, whan the heare goth away
through stoppyng of the poore, and corruption
of the matter vnder the skyn. For the oynions
open the poore, and resolute the yll mater vnder
the skynne, and drawe good matter to the same
place. And therfore as Aluicen saythe, ofte roub-
byng with oynions is very holsome for balde
men. Wherfore the texte concludethe, that this
rubbyng with oynions preparethe the beauty
of the head: for heares are the beauty of þ head.
Farther moze, oynions sterte one to carnall lust,
and they pouoke the appetit, and byng colour
in the face, & whan they be myngled with hony,
they distroy wartes, they engendre thyrist, & they
hurte the vnderstandinge, for they engendre an
yll

Au. li. can.
ca. de pres-
al.

Et. 6. 3. ca.
de curati-
one alo-
perie.

yll grosse humour, they encrease spytelle, and the ieuſc of them is good for watteryng eyes, and dothe clarifie the syghte, as Auicen laythe. Farther note, that oynyons, hony, and byneger stamped together, is good for the bytynge of a madde dogge. And therfore ſome adde theſe. it. verſes vnto the forſayde teſte.

*Appositas perhibent morsus curare caninos,
Si tritum nelle prius fuerint et aceto.*

But of this is ſpoken before at Allea nux. &c.

Et modicum granum, ſiccum, calidumq; ſinapis.

Dat lachrimas, purgatque caput, tollitq; venenum.

Here the auctour recytyng. ii. thynges laythe. Of muſ-
That muſtarde ſede, is a lyttel grayne, whiche ſtard ſede.
is hotte and drye, vnto the. iii. degree, after
Auicen. Secondly, he putteth. iii. propretes of Auicen. ii.
effectes of muſtarde ſede. The fyſte is, it maketh cā. cap. de
ones eies to water: for by reaſon that it is verye ſinapi.
hotte, it maketh ſubtile and leuſeth the humy-
dites of the brayne: wherof thanne by theyr flo-
wyng to the eies, the teares come. The ii. effecte
is, it purgethe the brayne, and clenſethe awaie
the flematike humydites of the head. Also if it
be put in to the noſethiſls, it purgeth þ head, by
reaſon that it prouoketh one to nyſe. And ther-
fore it is put in to theyr noſethylles that haue
the apoplexie, for the nelyng purgeth þ brayne.
And lyke wyſe muſtarde ſede, by reaſon that hit
is hotte, doth diſſolue and leue ſuche ſclines as
ſtoppe the cundites of the brayne: of whiche fo-
loweth apoplexie: and thus it appereſthe, that

THE REGIMENT

Aui. loco
preal.

mustarde sede is a great leuser, consumer, and
clenser of fleumatike humidities. The.iii. effecte
is, it withstandeth poysone: for Auycen saythe,
that venomous wormes can nat abyde þ smoke
of mustarde sede.

Crapula discutitur, capit is dolor, atq; grauedo,
Purpuream dicunt violam curare caducos.

There pro
pretes of
violettes.

Here the auctor reciteth. iii. propretes or effectis
of violettes. Fyrst, violettes delay dynkernes,
by reason that violettes haue a temperate swete
sauour, whiche greatly comforsteth the brayne.
For a stronge brayne is nat lyghtely ouercome
with dynke, but a weke is. Alsoo violettes be
colde, wherfore they cole the brayne, and so ma-
keth it vnable to receyue any fume. The.ii. is,
violettes slaken þ head ache, and grefe that is
caused of heate, as Auycen, Rasis Alman, and
Mesue say: for by reason that violettes be colde,
they withstande hotte causes. The.iii. is, violet-
tes helpe them that haue the fallynge syckenies.
Thoughe some saye thus, yet this effecte is nat
commonly ascribed vnto violettes. And therfore
if violettes haue this proprete, it is but by rea-
son of theyz swete smel, þ comforsteth the brayne:
whiche strengthed, is nat hurte by small grefes:
and consequently falleth nat in to Epilence (whi-
che is called the lyttell A poplexie) chauncyng by
stoppyng of the sensible senowes.

Egris dat somnum, vomitum quoq; tollit ad vsum.
Compescit tussim veterem, colicisq; medetur.

Pellie

Pellit pulmonis frigus, ventrisq; tumorem,
Omnibus et morbis subueniet articulorum.

Here the auctour reciteth, viii. propretes of nettyls. Sytste nettyls cause a sycke body to slepe. For it is subtiliatue, and cutteth and scourthe fleme, and grosse humours, that greue nature, and lette slepe. Secondly it doth away vomyte, and custome therof: by reason that vomyte and parbrakyng is caused of a clammye humour, whiche the nettell cutteth. Thridely, the nettell for doth olde coughe: and specially hony, wherin nettel sede is tempered. For the nettel auoydethe clamy fleme oute of the brestie, as Rasis saythe. And Auicen saythe, that the nettelle, whan it is Auicen. x. c. cap. de vrica. dyronke with water that barley is sodde in, dothe mūdifie the brestie, and whan the leaues therof is sodde in barly water, they drawe oute grosse humours, that are in the brestie, but the sede therof is stronger. Fourthely it is holsome for them that haue the colycke. For a nettel is a cutter, a subtler, a resoluer, and a scourer of elematike humidite, or grosse ventosity, whiche engedre the colycke. The colycke is a peynfull grefe, in a gutte called Colon, as the greuous dysease Iliaca, is named of the gutte Ilion. Sytely, the nettell with his heate dyngrethe colde oute of the lyghtes. Syrtly, an nettell aswageith swellyng of the bealye: for it resoluethe wynde: wherof most parte swellynge of the bealy cometh. The, vii. effecte is, þ nettell helpeth the diseases

in the ioyntes, as the goute. This is of trouche whan it cometh throughe mattier that is colde, fleumatike, and grosse: by reason that nettelles heate, cutte, and make subtile such mattier. And belydes these effectis, after Aujcen, the nettel stereth one to carnall luste, and proprely the sede therof dronke with wyne, opneth the cloynge of the matrice, and in leusynge drawethe out fleme and rawe humours, by his vertue abstinentiue, and nat resolutiue: yet leste takynge of the nettel or the sede, hurte the throte, it is good to dynke after it, a lyttell oyle Rosate. A nettel is hotte in the begynnyng of the. iii. degree, and drye in the seconde, after Auycen.

Aujcen. ii.

ca. cap. de]

vruca.

Hysopus est herba purgans a pectore flegma.

Ad pulmonis opus cum melle coquatur hisopus.

Vultibus eximum fertur reparare colorem.

Of ysope.

Htere the auctour recyting the effectes of Ysope, saythe, it purgethe the breste of fleme: by reason that Ysope is an herbe hotte & drye in the. iii. degree, it is a great wypet, leuser, and consumer of fleumaticke humydite: and hathe a synguler respecte on the partes of the breste: and therefore ysope mooste proprely is sayde to pourge the breste of fleme. Secondelye, it is also good to purge the lyghtes from fleme, for the same cause and proprely if it be sodde with hony: for hony is a scourer: and the ysopes scouryng is augmented with the bodies. The same wylleth Auycen, sayenge: Ysope conforteth the brest & lyghtes.

Au. ii. can.
ca. de. hiso-

disea-

diseased with the coughe and tisicke of olde continuance, and lyke wise doth the decoctiō therof made with hony and sygges. Thydelye, ysope maketh one well colored in the face. For Auycen saith, that the drinke therof causeth good colour. And besydes these effectes, Isope auoydeth the fleme and wormes, as Auycen saythe. And after Platearius, ysope sodde in wine cleaseth the matrice from all superfluites.

Appositum cancris tritum cum melle medetur,

Cum vino potum poterit sedare dolorem.

Sepe solet vomitum ventremq; solutum.

This texte declareth thre operations of cherfyll. of cherfie.
Fyſte cherfylle stamped with hony, and layde plaister wyſe to a canker, healeth it. Thus saith Platearius in the chapter therof. A canker is a A canker, melancolye impostume, that eatethe the partes of the body, as well fleshye as senowy. And it is called a caker, because it goth forth like a crabbe. The.ii effect is, if cherfyl be dronken with wine, it healeth the ache of the bealy. For it allwageth inflation that is caused of grosse ventosytye, wherof the ache cometh, and leuseth ventosyte of the stomake and all other guttes, and openeth stoppinge, and thervnto the wyne helpeth.

Thydely cherfyll cesseth vometynge, and the laske: and by reason that it is hotte in the thirde degree, and dry in the seconde, hit digesteth and dryeth that mattier, wherof vomyte comineth. And this is verye trouthe, whan vomite oþ the laske

THE REGIMENT

laske come of colde fleumatike mattier. And besides these effectes, hit prouoketh vrine and the menstruolytie, and as wagethe ache of the sydes and raynes, and specyallye taken with Mellycratum.

Enula campana reddit precordia sana.

Cum succo rute, si succus sumitur huic.

Affirmat ruptis nil esse salubrius istis.

Elfe dock
seawourt
or horse
helle.

Aui. ii. cā.
ca. de enu
la.

Here thauctour declaringe two effectes of enula campana, sayth, it conforteth þ harte strynges, that is, the brymme of the stomacke, whiche is properly called the harte strynges, or elles vitall membres, that is the wyndye membres, whiche be nere the harte, and specially the harte roote. That it conforteth the brym of the stomake apereth, in that the swete smellyng roote of enula conforteth the senowy membres. For the brymme of the stomacke is a senowy membre. That it conforteth wyndy membres apereth: For wyne made of enula, called Vinum enulatum, clenseth the breaste, and lyghtes, or longes, as Auycen sayth. Also enula swalowed doun with hony, helpeth a man to spyte, and hit is one of thole herbes, that reioyce and conforteth the harte. The ii. effecte is, That the ieuise of this herbe, with the ieuise of rewe, is very holsome for theym that be boursie, and that is specially whan the burstenes cometh by ventolite: for these two ieuises dissolve that. And besydes these effectes enula is good for a stomake fylled with yl humours, and

it

it openeth opilations of the lyuer and splene, as
Rasis sayth. And it comforteth all hurtes, colde
grefes, and motions of ventosites, and inflati-
ons, as Auycen sayth.

Cum uino coleram nigram potata repellit.

Sic dicunt ueterem subrum curare podagram.

Here the auctour rehersyng two effectes of hyll
wozze sayth, that p̄yncipally the water theresoſ
taken with wyne pourgeth blacke coler. *Secon-*
delye, hyllwozze healeth an olde goute. For the
prop̄tere of this herbe is to melte and dyſſolute
ſleme, wherof verye often, the goute is wonte to
be engendred. And note, that after Platearius,
hyllwozze is hotte and drye in the thyſde degree.
The ſubſtance therof is ſubtile, the vertue com-
fortable, throughe the ſwete ſmell, the ſubſtance
therof openeth, and the qualitieſ do drawe, the
fyſye ſubſtaunce or nature therof conſumeth, by
burnyng, and dryenge.

Illiſ ſucco crines retinere fluentes.

Alius aſſerit dentiſq; curare dolorem.

Et ſquamæ ſuccus ſanat cum melle peruncius.

Here thauctour rehersyng. iii. effectes of water
cressis ſaythe, they reteyn heares falling away,
if the head be annoynted with the ielwe therof,
or elles if the ielwe or water therof be dronke.

*A remedy
for coler.*

This effecte Auycen toucheth, ſayenge: The
drynkyng or annoyntyng with watercresses
reteyneth heares fallinge awaye. The. ii. effecte
is, watercresses doth cure tothe ache, ſpecially if

*water
cresses.*

*Aui.ii. cā.
ca. de na-
ſtucio.*

a the

THE REGIMENT

the ache come by colde, for it percith, resolueth, and heateth, as apperethe at *Cur moriatur homo.* Thydely, the teuse of warter cresse taken wyth hony, or the place annoynted therwith, doth awaye skales that cleue to ones skynne: by reason that suches skales be engendred of salte fleume. Watercresse, as is sayde, purgeth all fleume: therfore if it be drounke, it resistethe the cause of skales: and hony, whiche is a clenser, helpeth moche thereto. Besydes these effectes, water cresses drye vp the corruption of the bealye, and clenseth the lyghtes, it heatethe the stomacke and lyuer, and is holsome ageynste the grossenes of the splene, namely whan a playster is made of that and of hony, it causethe one to caste vp coler, it augmentethe carnall luste, and by dissoluynge auoydeth out wormes and prouoketh mestruosite, as *Auicen* sayth.

Cecatis pullis, ac lumine mater hyrundo.

Plinius ut scribit, quamvis sunt eruta reddit.

Of celendyne.

Here the auctour sayth, whan yonge swallows be blynde, the damme bryngethe Celendyne, and roubbeth theyr eyes, and maketh theym to see: wherby thauctour sheweth, it is holsome for the syght. And this appereth to be true: for comonly it is put in medicines ageynst feblenes of syght. Celendyne hath teuse, and is well knownen. And why swallows knowe it better than other byrdes may be, because their yonge be ofteuer blind, swallows donge doth make them blynde, and so the

the danure dongethe sometyme in the yonges
eies, and makech them blynde. And after Plate-
ary, celendyne is hotte and dry in the. iii. degree.
And the qualites and substance therof hath ver-
tue to dissolue, consume, & drawe. And the rotes
therof stamped and sodde in wyne, are good to
purge the head, and womans priuise from bro-
ken moyste humours, if the pacient receyue the
smoke therof at the mouthe, and after gargyle
wyne in the throte.

Auribus infusus vermes succus necat usus,

Cortex verrucas in aceto cocta resoluit.

Pomorum succus flos partes destruet eius.

Here the auctour rehersyng. iii. thynges of wi-
lowe, saythe, the ieuse therof poured in to ones
eare, kylleth wormes: by reason of the stiptisite
and dryeng therof. And after Auicen nothyng
is better to heale matteryng at the eares, than
the ieuse of wyllowe leaues. Secondly, the rinde
of wyllowes, lced in vincer, doth away wartis.
And Auicen sayth, wyllowe asshes with vincer
drawethe vp wartes by the rootes: by reason of
the asshes vehement dryeng. Yet to destroy war-
tes, nothyng is better than to rubbe them with
Purlane. This the proprete and nat the qua-
lyte of Purlane dothe after Auicen. Thirdeyle,
wyllowe flowers and the ieuse of the fruite ther-
of, letteth the byzth of a chylde: for through stip-
tisite and droughte therof, it causeth the chylde
to be borne with great peyne.

To kylle
wormes.

Auicen.ii.
c. cap. de
salice.

To boyde
wartes.

Au.ii can.
ca de.por-
tulaca.

THE REGIMENT

Confortare crocus dicatur letificando.

Membraq; defecta confortat epas reparando.

Of saf-
fron.

Here the auctour sayth, that saffron comforteth
mans body, in gladdynge it. And wyteth well,
that saffron hathe suche a proprete, and if one
take moxe therof than he oughte, it wyll kylle
hym in reioisinge or laughyng. Auicen sayth, ¶
to take a dramme and a halfe, wyll kyll one in
reioysinge. Secondly, saffron comforteth defec-
tyue membris, and pryncipallye the harte.

It comforzeth the stomacke, with the stiptisitie
and heate therof: and for þ same cause restozeth
the lyuer, for it wyll not suffre the lyuer to be dis-
solued. Yet to vse it ouer moche, induceth the par-
bakyng, and marreth the appetyte. Of this
Auicen warneth vs sayenge: It causesthe par-
bakyng, and marreth the appetyte, bycause it
is contrarye to the sharpenes in the stomacke,
whiche is cause of appetyte. Besydes these pro-
pretes, saffron maketh one to slepe; and dulleth
the wyttes, and whan it is dronke with wyne,
it maketh one dronken, it clenseth the eyes, and
letteth humours to flowe to theym, it maketh
one to þrethe well, it stereth to carnall luste, and
maketh one to pylle.

Reddit secundas permansum sepe puellas

Isto stillantem poteris retinere cruentem.

Of lekes

Here thauctor recitynge. ii. commodities of lekes
sayth, þ ofte eatynge of lekes maketh yonge wo-
me frutefull, by reason, as Auicen saith, lekes di-
late

late the matrice, and taketh away the hardenes therof: whiche letteth the conception. **Secondly** lekes stynte bledyng at þ nose, as Auycen sayth. Auicen. ii. can. cap. 10. Many other effectes of lekes ar rehersed at Al- de porro lea nux ruta. &c.

Quod pipér est nigrum non est dissoluere pigrum.

Flegmata purgabit, digestiāq; iuuabit.

Lencopiper stomacho prodest, iussisq; dolori

Vile preueniet motum febrisq; rigorem.

Here the auctour declaryng many commodites of pepper, sayeth, that blacke pepper through the pepper. heate and drynes therof, leuseth quickeley: for it is hotte and drye in the thyrdē degree. **Secondly** it purgeth fleme: for it draweth fleme frome the inner parte of the body, and consumeth it. Lyke wyse it auoydeth fleme out, that cleueth in the brest and stomacke, heatyng, subtylyng, and dissoluynge it. **Thyrdely**, it helpeth the digestion. And Auycen saythe, that pepper digesteth Au. ii. can. ca. de. pice. and causeþe appetye, and specially longe pepper, whiche is moze holsome to digeste rawe humours thā eyther white or blacke, as Gal. sayth Gal. 3. de. reg. sanitatis. cap. 7. **Secondly**, he declareth. v. holsome thynges of white pepper. Fyrste, white pepper conforteth the stomacke: for Galen saith, that it conforteth moze than the other two. And Auycen saythe, Aui. loco that whyte pepper is moze holsome for the stomacke, and moze vehemently, doþe confort. The .ii. is, pepper is specially holsome for the cough, that cometh of colde fleumatiþe mattier. a. iii. for

THE REGIMENT

for it heatethe, dissoluethe, and cuttethe it. And Auicen saythe, whan pepper is ministred in let-
tuaries, it is holosome for the coughe, and aches
of the brest. Thirdly, whyte pepper is holosome
for ache, and that is to wyte of the brest, and
ventours Payne. And for that, al pepper is good,
for al pepper is a dyniuyssher & a vider of wind.
And Auicen sayth, that white pepper and longe
is holosome for pryckyngache of the bealy, if it
be dronke with hony and freshe baye leaues.

Ageynste
the bealy
ache.

Fourthly, pepper withstandeth the causes of a
colde feuer, for it digesteth and heateth the mat-
tier. Fyfthly, pepper is holosome for a shakynge
feuer, by reason that the heate of y pepper com-
forteth the senowes, and consumeth the matter
spred on them, and Auicen saythe, in rubbyng
it is made an oyntemente, with vnguentum,
holosome ageynste shakynge. These. v. proprie-
ties are ascriued to the other kyndes of pepper,
as Auicen saith. And bysydes these effectis, pep-
heateth the senowes and braunes of mans body,
it mundifieth the lyghtes, and a lyttell prouo-
keth the vrine, but moche leuseth the bealy, as
saythe Auicen. There be. iii. sortes of pepper,
whyte pepper, called Lencopiper, longe pepper,
called mocropiper, and blacke pepper called melan-
copiper. Hit is called white pepper, that is verye
grene and moyste: and whan it is a lyttell dyped
and nat perfectly ripe, it is called longe pepper.
But whayne it is perfectly ripe, it is called
blacke

blacke pepper.

Et mox post escam dormire nimisq; moueri.

Ista grauare solent auditus ebrietasq;.

Here the auctour reciteth. iii. thynges that greue
the herynge. The fyfste is immedyate slepe af-
ter meate, and that is if one eate his fylle. For
the immedyate slepe wyll not suffre the meate to
digeste, and of meate vndigested are engendred
grosse vndygected fumes, whiche with theyz
grossenes stoppe the cundytes of herynge: and
they engrosse and trouble the spyzites of hering.
The. ii. is, to moche mouynge after meate: for
that also letteth digestion, and the due shuttyng
of the stomackes mouth: by reason that than the
stomackes mouthe closeth not so easely, as by a
littel walkinge, wherby the meate discendeth to
the bottum of the stomacke. For whan the sto-
make is not shutte, many fumes ascende to the
head, that greue the herynge. The thyrd is
dronkennes, wherof many fumes and vapours
are engendred, whiche ascende to the head, and
organ of herynge, and troubleth the spzyte ther-
of, and greueth the herynge. And dronkennes
doth not onely hurte the herynge, but also the
syghte, and all the senses, for the same cause as
is before sayde. There be thre thynges, as Aui-
cen saythe, that hurte the eare and other senses,
lothynge, repletion, and slepe after repleteyon.
And some texte hath this verle: Balnea; sol, vo-
mitus affect repleteo clamor. Whiche thynges greue
the

Auc. 4.3.
cap. 2. de
conse. fa-
nit. ausis.

the herynge, but specially greate noyse. For Auicen saythe, if we wylle here well and naturallye; we muste eschewe the son, laborious baynyng, vomyng, greate noyse, and repletion.

*Mēus, longa fames, uomitus, percussio, casus,
Ebrietas, frigus, tinnitus causat in aere.*

Here the auctour recyteth the seuen thynges, whiche cause a humyng and a noyse in ones eare. The fyre is, feare, and after some, mocyon. The cause is, for in feare the spixtes and humours crepe inwarde toward þ harte sodaynly, by whiche motion ventositie is lyghtlye engendred, whiche entrynge to the organ of the herynge, causeth tinging and ryngyng in þ eare. By corporall mouyng also humours and spixtes are moued, of whiche motion ventositie is lyghtlye ingendred, whiche commynge to the eares causeth ryngynge. For ryngynge is caused throught some mouyng of the vapour or ventositie about thorgan of the herynge, mouyng the naturall ayre of those pypes or organs contrary to theyz course. The seconde thing is great hunger, Auicen shewethe the reason sayenge: that this thyng chaunceth throughe humours spredde and restyng in mans bodye. For whan nature fyndethe meate, she is conuerted vnto them, & that resolueth & moueth them. The third is vometyng: For in vometyng, whiche is a laborious motion, humours are specially moued to the head. In token wherof we see the eies and

and face come tedde, and the syghte hurte. And thus also by vometynge, vapours and ventosites are soone moued to the organ of the heryng. The fourth is beatyng aboue the head, specially the eare. For therby chaunceth vehement motion of the naturall aper, beyng in the organ of the heryng. For whan any membre is hurte, nature immediately sendeth thereto wynde and blud, which two be the instrumentes of nature, by whiche than, motion is caused in the eare. The. v. is fallynge, specially on the head, for the same cause that is shewed of beatyng. And of a falle, what euer it be, a mouyng of the humours is caused in the body. The syre is dronkennes. For dronkennes fylleth the head with fumes and vapours, whiche approchynge to the organ of the heryng, troubleth it, and maketh a noyse in the eare. The. vii. is colde: for by great colde the organ of the heryng is febled. Wherefore of a smal cause by colde, ryngynge in the eare changeth, for great colde causeth ventosites. And ringynge in the eares chaunseth not onely by these causes, but also by manye other, as of ventosytes engendred in the head, and therin moued, or elles by soune of matter and corruption engendred in the eare, or elles by motions of ventosytes, chalynge ofte tymes in the openyng of the eare, as they that haue an ague: or by the greate repletion of the bodye, and mooste specially of the head, or by some clammy matter resolued into a

THE REGIMENT

lyttell ventosyte: or by medycynes, whose pro-
prete is to retayne humours and ventosytes in
the partyes of the brayne, as sayth Auycen,

Balnea, vina, uenus, ventus, piper, allea fumus,
Porri, cum cepis, lens, fletus, faba, synapis,
Sol, coitus, ignis, labor, ictus, acumina, puluis,
Ista nocent oculis, sed vigilare magis.

*xxi. thynges harde
full to the
eyes.*
Here the auctour reherseth. xxi. thynges hurte-
full to the eyes. The fyſte is baynyng, whe-
ther it be moyſte or drye, called hotte houses.

For baynyng greatly heateth the eyes, and so
hurtethe theyz complexion, for the eyes be natu-
rally colde of the nature of water. Secondly,
baynyng drichth and resolueth the subtle humi-
dites of the eies, with whiche the syghty spirites
that are fyery, shulde be refreshed & tempered.
This hath made many one blynd in Almayne,
where as they vſe many baynes, & hotte houses.
Lyke as in Holande are moze lep̄es than in any
other countre for faute of good gouernaunce.

The. ii. is wyne, vnmoderately taken: for that
feblethe the eies & syght: by reason that it fylleth
the head with fumes and vapours, whiche dull
all the wyttes. The thyſte is ouer moche carnall
copulation, whiche all physytians saye, feblethe
moche the syght. And Aristotelnoteth the cause:
for by carnall copulation, that that is behoue-
full for the eies, is taken awaye. There muste be
in the eies moyſte watteryſhe subtylytye, whiche
fortifieth the visible spirites. For the eie is natu-
rally

*Ari. 4. p.
problemata*

tally moyste. And therfore Aristotell saythe, the Arist. Insc.
eies be of the nature of the water. But whan su & sesa-
natural moystures are drawen and boyded out, to. Et. v. de
the body wareth dry, and witherethe awaye: the ge. anima-
eyes lose theyr propre nature, whyche they re-
teyne and kepe by humidite: and not without a
cause: for by fiery spirites, whiche are in moche
mouynge, the syghte wolde banyshe away, ner
that it were succoured with moysture. Thus it
appereþ playnely, that carnall copulation, by
drawynge awaye the moystnes, dryethe vp the
superior partes of man, wherby the quycke
syghte is hurte. The. iii. is wynd, and specially
the southe wynde. For Hippocrates saythe: the Hippo. ac-
southe wynde is mystrye, and dusketh the eyes: phoris. illo
for that wynde fylleth the head with humidites, Austrini
which dulle the wyttes, and darke the syghte. fatus. &c.

The. v. is pepper, whiche throughe þ Sharpnes
therof, engendreþe fumes that byte the eyes.
The. vi. is garlyke, which also hurteth the eyes
throughe Sharpenes and vapoſolite therof, as is
sayd at Allea nux ruita. &c. The. vii. is smoke, whi-
che hurteth the eies, throughe the mordication
and dryenge therof. The. viii. is lekes: for by
eatynge of them, grosse melancolye fumes are
engendred: wherby the syghte is shadowed, as
is before sayde at Allea nux ruita. &c. The. ix. is oy-
nyons, the eatynge of whiche hurtethe the eyes,
throughe theyr Sharpenes. The. x. is Lens. the
moche eatynge wherof, as Duycen saythe, dus-
bii kethē

THE REGIMENT

keth the syght, throughe the vehement dryenge therof. The. xi. is to moche wepynge: whiche weaketh y eies, for it causeth debilitate retentynge of the eies. The. xii. is beanes, the vse wherof engendreth a grosse melancoly fume, darkynge the visible spirites, as lekes do. And therfore the eatynge of beanes induseth dryefull dreames. The. xiii. is mustarde, the vse wherof feeblethe the syghte throughe his tartenes. The. xiv. is to loke againste the sonne: and that is throughe the vehement splendour and bryghtenes therof: wherby the syght is destroyed, as appereth by experiance. For the vehement sensiblenes of a thynge, nat proportioned to mans sense, as the sonne beames, corrupte mans sense. The. xv. is to moche carnall copulation, and specially after great fedynge or repletion, or after greatte boydynge or emptines, but this is al redy declared. The. xvi. is fyre, the beholdynge wherof, causeth vehement drynys in y eies, and so hurtethe the syghte: and eke the bryghtenes therof hurteth the eies. And therfore we se commonly, that smythes, and suche as worke before the fyre, be redde eied and feeble syghted. The. xvii. is to great laboure, for that also dryneth vehemently: The. xviii. is smytyng vpon the eies, whyche hurteth the syghte, for it makethe theym bludde shotte, & troubleth y visible spirite, & other while engendreth impostumes. The. xix. is to moche vse of tarte or sharpe thynges, as sauccs: and that

that is throughte the tertenes of fumes of theym engendred. The. xx. is duste, or walkyng in dusty places: in whiche, duste fleeth lyghtely in to the eies, and dusketh the syghte. The. xxi. and aboue other hurtefull to the eies and syghte is to moche watche: For to moche watche induceth to moche drynes in the eies. And generally all repletions hurtethe the eies: and all that dryeth vp nature: and all that troubleth the bloudde, by reason of saltenes or sharpenes. All dronkennes hurtethe the eies: Vometyng comforstethe the syghte, in that it purgeth the stomake: and hurteth it, in that it moueth and dxiueth the mat tiers of the brayne, to the eies. And therfoze ys it be nedefulle to spue, it muste be done after meate without constraininge. Also to moch slepe incontinent after meate, and moche bloudde letynge, and namely with ventolites, hurteth the syghte, as Auycen saythe.

Feniculus, verbena, rosa, celidonia, ruta.

Aui iii. tra
era iii. cap
iii.

Ex istis fit aqua, que lumina reddit acuta.

Here thauctour reciteth. v. herbes, whose water ^{To clarify} is very holsome for the syghte. The fyfte is ^{the eyes.} Rasis, whose iuyse put in to the eye, sharpethe the syghte, after Rasis. The. ii. is Verueyn, wherof the water is of many phisitions put in receytes holsome agaynst feblenes of syghte. The. iii. is Rose water, whiche dothe comforste the lyuely spirite and syghte. The. iv. is Celendine, whose ieuise is citrine, it is called Colidonia, that is, gy-
bit
uinge

THE REGIMENT

upnge celestial gystes. The. b. is rue : the water
of those two herbes is holsome for the sighte, as
phisitions commonly saye.

Sic dentes serua, porrorum collige grana,
Ne careas iure cum iusquiamo simul ure.

Sicq; per embotum sumumq; cape dente remot am.

Here thauctour recitynge certeyne medicines for
to the ache, saythe, Lykes sede and Henbane bur-
ned together, is good for the tothe ache. They
must be mynistréd on this wyse: the ieuse of hen-
bane with the leke sede muste be bourned toge-
ther: and the smoke muste be receyued throughe
a sonell, on the syde that the ache is. The vertue
of the Henbane taketh away the feelynge of the
peyne. And the vertue of the leke sedes sume kil-
lethe wormes, whiche other whyle lyenge in the
concauites of the tethe, cause intollerable peyne,
as Auycen saythe.

Auicen.ii.
ca. cap. de
porro.

Nux, oleum, frigus capitis, anguillag; potus,

Ac pomum crudum faciunt hominem fore raucum.

This texte declarethe. vi. causes of hoozlenes.
The fyſte is eatynge of nuttes, for nuttes drye
moch: and therfore they asperate the voyce, and
make it lyke a cranes voice. The. ii. is oyle, the
vſe wherof may engendre hoozlenes: for some par-
tis therof cleue faste to the pype of the lyghtes,
causynge hoozlenes. Secondly, it maketh coleryke
folke hoozle, by reason y i them y oyle is lyghtly
inflamed, and so the inflammation causeth ex-
asperation and hoozlenes: but the fyſte cause
semeth

semeth better. The thy^zde is colde of the head. For colde of the head dothe presse together the brayne, wherby the humours discende towarde the throte, and the pype of the lyghtes: and enduceth hoo^zsenes, through to moche moistnes of the pype. The fourthe is eatynge of yeles: for the eatynge of them multylyeth clammy fleime, whiche comynge to the lyghtes, sticke there styll, and cause hoo^zsenes. The fyfte is, ouer moche dynkyng, specially towarde bedde. For than the behemente wetynge of the pype of the lightis dothe chyessly cause hoo^zsenes of the boyce, as all physytyons saye. The syxte is rawe appulles, for by reason that they be rawe, they encrease fleime: and if they be not ripe, but sharpe and sower, they make the throte roughe.

Leiuna, uigila, caleas dape, valde labora.

Inspira calidum, modicum bibe, comprime flatum.

Hec bene tu serua si uis depellere reuma.

Si fluat ad pectus dicatur reuma catarrus.

Ad fauces branchus, ad nates esto corise.

Here thauctor declareth seuen thinges that cure ^{for the} the reume. The fyfte is abstinence from meate, ^{reume.} or fastyng, for therby the matter is diminished; for abstinen^e dyneth, and the mattier is better ryped and consumed: For whan nature syndeth no matter of foode wheron she may worke: she woxeth vpon reumatike matter and consumeth it: and so the head is lesse filled therwith. wherfore Auycen sayth: that a man hauynge the catarr^e or the

THE REGIMENT

the pose, shoulde take hede that he syll not hym selfe with meates. The.ii. is watche, for watche dryeth the brayne, and withstandethe that the vapours ascend not to the head. The.iii. is hotte meates and drynkes: for with theyz heate the colde water of the reume is dygested. The.iii. is to labour moche: for therby the mattier reumaticke is consumed, by reason that moche la-
bour dryeth vp the superfluities of the body. And in stede of valde, some textes haue veste, and than the sentence is, that warme garmentes is holosome for the reume, specially whan it cometh by colde matter. The syft is inspyryng of hotte ayer, and specially if the catarre procede of colde mattier: for by breathyng of warme ayer, the mattier is warmed and ryped. The syxt is to drynke lytel, and to endure thirst: for therby the reumatike matter is consumed. For lyttell dryn-
kyng fylleth nat the head, as moche drynkinge doth. The. vii. is to holde ones breathe: for that is speciallye good in a catarre caused of a colde mattier: By reason that this holdynge of the breath, heateth the partis of the brest, and soo the colde fleumatike matter, causynge the catar, is better digested. Auicen rehersinge these thin-
ges sayth. It behoueth to kepe the head warme continually. And also it must be kepte frome the noythe wynde, and namely after the southe. For the southe wynde repleteth and maketh rare. The noythe wynde constraineth. Also he muste drynke

Aui loco.
preal.

dyynke no colde water, noz slepe on the day time.
 He muste endure thyste, hunger, and watche,
 as moche as he can: for these thynges in this
 syckenes are the begynnyng of helthe. Farther
 moze Rasis byddethe hym that hath the reume,
 to be ware of lyenge vp ryght. For by lyenge vp
 ryght the reumatike matter floweth to the hyn-
 der parties of man, where as be noo manifeste
 issues, whereby the matter may boyde oute.
 Therfore it is to be feared, lest it flowe to the
 senowes, and cause the crampe or palsey. And
 lyke wylle he ought bterly to forbeare wyne: for
 wyne is vapoorous, and in that it is very hotte,
 it dissolueth the mattier, and augmenteth the
 reume. And lyke wylle he muste not stande in the
 sonne or by the fyre, for the sonne and fyre leuse
 the matter, and augmenteth the reume. In the
 last two verles thaucour putteth dyffERENCE be-
 twene these thre names, *cætrus*, *branchus*, & *coris*.
 And the differēce standeth in the matter flowing
 to one parte or an other of the bodye. Whan the
 matter runneth to the brest partyes, it is called
cætrus, whan it runneth by the nose, it is called
coris, whan it runneth to the nekke, it is called
branchus. But this worde reume dothe note and
 sygnify generally all maner of matter flowynge
 from one membre to an other.

Rasis. 3. ak

Aripigmentum sulphur miscere memento.
 His decet apponi calcem commisce saponi.
 Quatuor hec misce, commixtis quatuor istis

THE REGIMENT

Fistula curatur, quater ex his si repleatur.

For the
fistule.

Here the auctour rehersyng a curable medicine
for the Syfule, saythe: that a playster made of
Auripigmentum, Bzymstoone, Whyte lyme, and
Sope, myngled to gether healeth the Syfule.
For these thynges haue vertue to drye and mun-
difie: whiche ententions are requisite in healing
a fistule. Platearie sayth, Auripigmentum is hotte
and drye in the fourth degree: it dissolueth and
dryaweth, coloureth, and mundifieth. Bzymstone
and Sope as he saythe, are hotte and drye, but
bzymstone is more vehement, for it is hotte & drye
in the fourth degree, but sope is not. Aulen saith
that lyme washed, dryeth without mordication,
and maketh steddy. The Syfule is a rounnyng
soze, whiche auoydethe mattier more or lesse, af-
ter the diuersite and course of the moone. Auri-
pigmentum is that that grauers fasten bras and
metalles with to stoones.

Ossibus ex denis bis sentenisq; nouenis.

Constat homo denis bis dentibus et duodenis.

Ex tricentenis decies sex quinqueq; venis.

The nom-
bre of bo-
nes.

Here thauctour nombrcth the bones, teethe, and
beynes in mans body. Syfste he sayth, there be
CCix. bones. Yet after the doctours of phisike,
as Hippocrates, Galen, Ralis, Auerops, and
Aulen, þ bones in mā be. CExlviti. And though
herin be variance, yet there is a mayster of phy-
sike that sayth, Ossa ducenta sunt atq; quater duodena.
Secondly thauctour sayth, that a man mooste

The nom-
bre of
teethe.

comz

commonly shulde haue. xxix. tethe. But yet it chanceth, that some lacke, iii. of the laste tethe, whiche be bchynde them that we call the grynders: and these haue but. xxviii. tethe. Some lacke these. iiiii. laste tethe in chylde hoode onely, some other lacke them tyl they be very olde, and some all they^z lyfe. Here is to be noted, that after Aulcen, the. ii. formoste tethe be called duales, and two on eyther syde of these twayne, are calledde quadrupli. There be. ii. in the vpper iawe, and. ii. in the nether: al these tethe be ordeyned to cutte, and therfore some call theym cutters, and specially þ duales. Nexte vnto those quadruples, are. ii. tethe aboue, and. ii. beneth, called canini, whose offyce is to breake harde thinges. After those be iii. other on eyther syde called grynders. iii. aboue and. iii. beneth. After those some haue a tothe called sensus, on eyther syde, and as well aboue as benethe. These also are ordeyned to grinde mans meate. And so the holle numbre of the tethe is. xxxii. oþ els. xxviii. in them that haue nat the tethe called sensus. There is than. iii. duales. iii. quadruples. iii. dogge tethe. xvi. grynders and. iii. sensus. Thyrdely the texte saythe, that there is in man. CCClxv. beynes, as appereth in the nothamie.

Aul. i. doc.
v. cap. de
anoth.
dentium:

Quatuor humores in humano corpore constant.

Sanguis cum colera, flegma, melancolia.

Tetra melan, aqua fleg, et aer sanguis, coler ignis.

Here thauctour declareth the. iii. humours in
c. ii. man

THE REGIMENT

man, as Bloud, Fleume, Coler, and Melancoly. And shewing the nature & complection of them, he compareth eche to one of the . iii. elementes. Melancoly is cold and dry, and so compared to the erthe, whiche is of lyke nature: Fleume is colde & moyste, and so compared to water. Bloud is hotte and moyste, and so compared to the aier. Coler is hotte and dry, and so compared to fyre. These thynges are declared in these verses.

Mumidus est sanguis, calet, est vis aeris illi.
Alget, humet tegmina, sic illi vis fit aquosa.
Sicca calet colera, sic igni fit simularia.
melancolia friger, siccatur quasi terra.

Aui i. doc.
iii. cap. i.

For a farther knowlege witteth well, that after Auicen, ther be . iiiii. humours in mans bodye. Bloud, Fleume, coler, and melancoly, as is sayd. The best of them is bloudde, fyſte by cause it is the mattier of mans spirites: in whom consisteth mans life and operations. Secondly bycause it is comfortable to the principles of lyfe, it is temperately hotte and moyste, Thydely bycause it restoreth and nourysheth the body moxe than the other humours. And it is called the treasure of nature: for if it be loste, deth foloweth for the with. Nexte to bloudde in goodnes is Fleume. Fyſte by reason that if nede be, it is apte to be tourned in to bloudde. Secondly bycause it is very nere like humidite, whiche is as fundation of lyfe. After fleume in goodnes is coler: whyche is ptenier with natural heate soo longe as it keþeth conuenient measure. Than foloweth me-
lancoly,

lancoly, as dregges and durte remoued aparte
 from the prynckles of lyfe, enneemy to ioye and
 lyberalyte, and of nere kyntred to age and deth.
 Secondly note, that in the diuision of humours
 there is .ii. kyndes of bloudde, that is to say, na-
 turall and vnnaturall. Naturall bloud, that is
 to say, beyne bloudde, is ruddy and obscure: and
 artery bloude is ruddy and clere: without yl sa-
 uour, and in comparison of other humours, it
 is very swete. Of vnnaturall is .ii. sortes: the
 one is vnnatural in quantite, that is to say, whi-
 che is changed from good complection in it self,
 or elles by mynglynge of an nother humour.
 There is an other vnnaturall bloudde, whiche
 throughe mynglynge of other humours, is yll
 bothe in qualyte, substance, quantite, and in pro-
 portion of the one to the other. And this is double,
 for the one is nat naturall by mynglynge of an
 yll humour, that cometh to hym frome without.
 The other is vnnaturall by mynglynge of an
 yl humour, engendred in the selke bloudde: as
 whan parte of the bloudde is putrified, and the
 subtile parte therof is turned in to coler, and the
 grosse parte in to melancoly: ozels in to coler, or
 to melancoly, ozels both remayneth in the bloud.
 And this vnnatural bloud, by mynglynge of an
 yll humour, varieith from naturall bloud many
 wayes. Fyrste, in substance: for it is grosser and
 fouler, syth melancoly is myngled therewith: ozels
 it is moze subtile, whan watteryenes or citrine

THE REGIMENT

coler is myngled therwith. Secondly in colour, for some tyme whan fleume is myngled there with, it enclyneth to whitenes, or through melancoly to blackenes. Thridly in sauour: for by mynglynge of putrifid humours it is moze synkyng: ozelles by mynglynge of rawe humours it hathe no sauour. Fourthly in talage, for by mynglynge of coler it enclyneth to bytternes, and by melancoly to sowtynes, or by fleume to vnsauerynes. Also of fleume there be two kynnes, naturall and vnnaturall. Naturall is that whiche within a certayn space wyll be bloudde, for fleume is vndigested bloudde. Ther is an other spyce of fleume, whiche is swete and somewhat warme, yf it be compared to the bodily heate. But comparynge it to ruddy bloudde and coler, it is colde. Fleume is naturally whyte; and this is called swete fleume, extendynge this name swete to all the talages delytyng the taste: for other wyse the naturall fleume is not swete: but vnsauery and wattyche, and very nere y talage of water. And to this fleume, nature hath the nat gyuen a propre mantion, as she hath done to coler and melancoly: but nature maketh it ronne with the bloudde, for it hathe a very nere similitude to bloudde. And of this fleume there be, ii. necessites and one utilite. The fyfte necessite is, that it be nere the membris, so that their vertue maye digest and tourne it in to bloud: and that þ membris by it maye be nourysched, whan they haue

haue loste their natural foode, that is to say
good bloudde, through the restraynte of materiall
bloudde, whiche restraynte is caused of the sto-
macke & lyuer, through some causes accydentall
The second necessite is, that it mingle with the
bloudde, and make it apte to noyshe the mem-
bres of fleumatike complexion, as the brayne,
and nuche: for that that muste nouryshe these
membres, muste be well myngled with flemme.

The vtilite of flemme is that it moyste the ioyntes
and membres, that moue moche, lest they ware
dry through the heate that cometh of theyz mo-
uyng and rubbyng. Unnaturalle flemme may be
deuided. Fyriste in his substance: & so some therof
is *muscillaginosum*, and that is flemme, to ones se-
myng, diuers, for in some parte it is subtyle and
thynne, and in some other grosse and thycke: it
is called *muscillaginosum*, bycause it is lyke mus-
cilages, drawen out of sedes. There is an other
flemme that appereth egall in substance, that is
in subtylite and grossenes, to ones demyng: but
for a trouthe, it is diuers in every parte: this
is named rawe flemme. And this encreaseth in the
stomacke and entrayles. And to auoyde it out of
the stomacke Hippocrates byddeth vs to spewe
twylle a moneth, and to boyde it oute of the gut-
tes, nature hath ordyned coler to rounne from
the cheste of the galle to the entrayle *Iejunium*; and
so forth to the other lower guttes, to scoure away
that flemme from the brymnes of the entrayles,
and

THE REGIMENT

and to cause it to discende downe with the other
dregges and fylthe. Some tyme this fleme is
encreased in the beynes, specially of olde folkes
by mynishinge of their dygestion, and there re-
maynyng, is by littel & littel augmented & engros-
sed, & hurteth nature, which can not by the beynes
thereto ordyned, boyde it out, yet it doth that is
possible to kepe it from the harte, and other in-
warde membris, and dryueth it to the outewarde
membris, and specially to the legges: for by the
heuynes therof it draweth naturally to the lo-
wer partes of man. And this is the cause whyp
olde folkes legges are swollen, and that if one
preisse downe his synger therin, there taryeth a
hole, specially towarde nyghte, and in fatte fol-
kes & such as were wonte to be nouryshed with
moyste meates. There is a nother spise of fleme
verye subtile, and watteryshe, lyke vnto water,
and some what thicke: This fleme is verye often
myngled with their spytyle, that haue yll di-
gestion, and of those that be greatte drynkers: it
counneth frome the brayne to the nose, as it is
wont in the begynning of the pose, and whan by
decoction and boylyng in man, it cometh grosse,
it is tourned in to fleme, grosse, whyte, and mu-
cillage. There is an other fleme, grosse, & whyte,
called Gipseum, the subtile parties of this fleme
is dissoluued, throught longe bydyng in the ioyn-
tes: and the grossenes therof remayneth in the
ioyntes as harde as stones. This fleme engen-
deth

dryeth the 'goute vncurable. There is an nother
fleme thycke and grosse, lyke to molte glasse, in
colour, clammynes, and weyght. Secondly vn-
naturall fleme dyffere the in talage: for there is
certayne fleme, that is swete, whiche is by myn-
glynge of bloudde with fleme. And vnder this
is conteyned the vnciuous fleme, whiche is en-
gedred by mynglyng of vnciuous blud & fleme.
There is an other maner of vnsauerye fleme,
caused of rawenes, as certayne glassye fleume.
There is an other salte fleume, caused by myn-
glyng of coler. And this is moxe bytyng, dyppe,
and lyghter, than any other fleme, throught the
coler myngled therwith, whiche is dype, lyghte,
and sharpe. And this fleume is ofte founde in
theyz stomakes, that be fleumatike, that dynke
muche stronge wyne, and that vse salte & sharpe
meates, and cleueth to the stomacke, & causeth
otherwhyle thyste intollerable: and runnyng
by the guttes, hit sometyme sleethe them, and
causeth the blouddye mensyn: and in the foud-
ment ofte tymes induceth stronge costyuenes.
There is an other fleme that is sharpe by myn-
glyng of sharpe melancholy therwith: and some
tyme, throughte boylunge of fleme, as hit chan-
geth in the swete ieules of frutes, þ fyste boyle,
and after ware rype: and this fleume apperethe
oftener in theyz stomakes, that dygest yll, than
in other partes. For naturally coler floweth to
the mouthe of the stomake, to stere vp the appe-

THE REGIMENT

site : whyche descendyng downewarde, some
tyme myngled with fleme, makethe hit sower,
and this is perceyuedde by sower belchynges.
And other whyle this fleme is engendred in the
stomake by boylyng with a weake hete. There
is an other fleme called pontike, whiche is some
tyme caused by myngling of pontike melançoly.
But this is seldeome, by reason that pontike me-
lançoly is very scarce. Hit is some tyme caused
throughe vehement coldenes therof, wherby the
moystenes therof is congeyled, and some what
altered to erythynes, and ther bpon commeth noo
weake heate, whiche causyng it to boyle, shulde
conuerte it in to sharpenes : noz no strong heate
whiche digestinge it, shulde torne it in to bloud.
There be ii. kindes of coler, natural & vnatural,
Unnatural coler is the sone of bloudde, whose
couler is ruddy and cleare, that is, citrine, in the
last degree of citrines, as saffron headas, and it
is lyghte and sharpe: and the hotter, the moze
redder it is. And after this coler is engendred in
the head, hit deuideth in two parties, one parte
goth with the bloud in to the beynes, the other
gothe in to the purce of the gall. The parte that
gothe with the blud, entreth therwith bothe for
necessite and profite. Hit is nedefull that it myn-
gle with þ blud, to norishe the colerike membres.
Hit is behoueful, that it make the bloud subtile,
and cause it to entre in to the beynes. The parte
þ goth to the purce of the gall, gothe eke therer
foz

for necessite and profit. The necessite is double. The one is nedefull for all the body, to mundifie it from colerike supfluites. The other necessite is in respect of the galles purse. The profit also is double. The one is to walsh y entrailes from dregges and clammy fleme, cleuyng to theym. The other is to pypke the guttes and musculs, that they may fele the thyng that hurteth them, and boyde all other fylthines. The prose of this is, that colycke chaunceth ofte tymes by stop-
pyng of the hole that cometh from the purse of y gall to the guttes. Unnaturall coler is double. For one is unnaturall throught outwarde cause myngled therwith. The other is unnaturall throughthe a cause in hit selfe : for the substaunce therof is nat natural. Coler unnaturall throught an outwarde cause, is an other knowen and famous : hit is that that fleume is myngled with. And hit is called famous or notable, by reason that it is ofte engendred. And of this kynde of coler commeth the thyde, that is well knownen. There is an other that is lesse famous, and that is it, wherwith melancoly is myngled. Famous coler is eyther cytryne, and engendred by mynglyng of subtile fleume with naturall coler, or els it is yolkye, lyke to yolkes of egges, and is engendred by mynglyng of grosse fleume with naturall coler. Coler of lesse fame is caused. ii. ways. One is whan the coler is bourned in it selfe, and tourned to ashes, from whiche the subtile parte

THE RECIMENT

of the coler is nat seperated, but myngled therewith. And this coler is the worse. An other, is whan melancolye comethe from without, and mynglethe it with the coler. And this coler is better than other, and is ruddy in colour: it is nat clere nor flowynge, but moze lyke to beyne bloud. This vnnaturall coler hauing his owne propre substance, without mynglynge of any other humour, is often engendred in the lyuer: by reason that the subtilnes of the bludde burnethe it selfe, and tourneth in to coler, and grossely in to melancoly. An other coler there is, engendred in the stomake of yll meates nat dygested, but corrupted: or elles it is engendred in the beynes by other humours. And of this coler be. ii. kyndes. For one is called coler pazzie, lyke the colour of the herbe called Pazzion: whiche is engendred of the yolkynes whan it is bourned: for burningg causeth a yolky blackenes in the coler, whiche myngled with coler citrine, engendreth a grene coler. The other is called rusty coler, like to rusty yron, and hit is engendred of Pazzie, whan pazzie is bourned only tyll the humidite therof be dyed awaye: and of the dynges beginneth to ware white. And these. ii. laste colers be yl and venomous, yet rusty is the worse.

Clyke wyse there be. ii. kyndes of melancoly, naturall & vnnatural. The naturall is the dregges & superfluite of good blud, whose talage is betwene swete and potike. And this melancoly, whan

whan it is engendred in þ lyuer, is parted in. ii. partes. Of whiche one entreth with the bludde, and therwith remaynethe in the veynes. The other is conveyed to the splene. The fyſte parte entreth with the bloud, for necessite and profyte. Hit is nedefull that it myngle with the bloudde, to nourishe the melancoly, colde, and dry mem- bres, as the bones. The vtilite is to make thicke the thynne blud, to stynte the superfluous roun- nyng therof, to make it stronge, & to strengthe these mem- bres, in to whiche it muste be conuerted. The other parte, that nedeth no bloudde, gothe to the splene bothe for necessite and profite. The necessite is double, one vniuersal through out þ body, to purge it of melancolious superfluite. The other is but particular, onely to gouerne the splene. This melancoly is also profitable for mans body, for it ronnethe to the mouthe of the stomacke, straynyng out the humidites, that it syndeth there, as a womā straynyng a cowes duggis, draweth out the mylke. This vtilite is double. Fyſte it constrainethe, thyckethe, and comforteth the stomacke. Secondly by reason þ the egernes therof moueth the mouth of the sto- macke, it makethe one to haue an appetyte to meate. Unnaturall melancoly is as a thynge bourned or ashes in respecte of other humours. Of this there are. iii. famous kyndes, though there be many nat famus. The fyſt is ashes of coler: and this is bitter. The ii. is ashes of flemme
d iii and

THE REGIMENT

and if þ fleme that is bourned were very subtile
and watteryng, than the melancolye therof en-
gendred wyl be salte in talage. But if the fleme
be grosse that is burned: than the ashes therof,
or the melancoly of it engendred, enclineth to so-
wernes or ponticite. The.iii. is ashes of blounde,
and this melancoly is salte, a lyttel inclynyng to
swetenes. The.iii. is ashes of naturall melan-
coly. And if naturall menlancoly, wherof so euer
it be, be subtile, than it wyl be verye sower.
And whan it is caste out vpon the grounde, hit
boyleth and sauozeth of the ayer, & causeth both
flyes and beastes to voyde the place. But if the
natural melancoly be grosse, the vnnatural ther-
of engendred, shall not be sower.

Natura pingues isti sunt atq; iocantes.

Semper rumores cupiunt audire frequentes.

Hos Venus et Bacchus delectat ferula risus,

Et facti hos hilares, et dulcia uerba loquentes.

Omnibus studiis abiles sunt, magis apti.

Qualibet ex causa, nec hos leviter mouet ira.

Largus, amans, hilaris, ridens, rubeiq; coloris.

Cantans, carnosus, sat s audax, atq; benignus.

*Sanguine
folkes.* Here thauctorz teachyng vs to knowe sanguine
folkes, saythe, that a sanguyne persone is natu-
rally fatte. But we maye nat vnderstande, that
sanguyne folkes be proprely fatte: for that is a
taken of a colde complexion, as sayth Auicen.
*Avic. ii. i.
doc. 3. c. 2.* But they be fatte and fleshy withall: for fatte in
sanguyne persones is taken for fleshye. Auicen
sayth

saith, that abundance of ruddye fleshe and stiffe, signifieth a hotte and a moyst complexion, as a sanguine person is. For the abundance of ruddy fleshe, witnesseth fortitude of vertu assimilatiue, and multitude of blud, that woxe and ware by heate and moysture, as witnesseth Galen saieng, Gal.2.1eg. That abundance of fleshe is engendred of that abundance of bloud. For heate perfectly digestynge, and the lyke vertue to fleshe maketh the fleshe fast and stiffe. Also Auycen sayth, euerye fleshye body withoute abundance of fatte and greace, is sanguyne. Wherto Galen assenteth. Secondly, the sanguine persone is mery and iocunde, þ is to say, with mery wordes he mouethe other to laugh: oxels he is gladde, through benignite of the sanguyne humour, prouokinge a man to gladenes and iocundite, throughe clere and perfecte spyghtes engendred of bloudde. Thirdly he gladly hereth fables and mery sportes, for the same cause. Fourthly he is enclyned to lecherye, through heate and moystnes, prouokinge to carnal copulation. Fiftly, he gladly dynketh good wyne. Sixtly he deliteth to fede on good meate, by reason that the sanguyne person desyreteth the most like to his complexion, that is good wines & good metes. Seuenthly he laugheth lyghtly, for bloudde prouoketh to laughynge. The. viii. is, the sanguyne persone hath a gladsome and an amiable countenance, through lyuelynes of colour and sayrenes of complexion, The. ix. is, he

THE REGIMENT

he speaketh sweetly through amiableness of sanguine nature. The x. is, he is apte to lerne any maner of science, throughte lyuelynes and perspicuite of his wyte. The xi. is, he is nat lyghtly angry, and this cometh throughte moystnes abating the feruour of coler prouoking to anger. The last. ii. verses recite some of the sayd tokenes, and also some other. Fyfth, a sanguine person is free, not couetous but liberal. Secondely he is amorous. Thridely, he hath a mery countenance. Forthly he is mooste parte slylynge, of all whiche the benignite of the blud is cause and prouoker. Fiftely he hath a ruddy colour. For Auycen saythe, that ruddy colour of the skynne, signifieth abundance of blud: And this must be understand of bryght ruddy colour & not darke such as is wont to be in theyr faces that drynke stronge wynes abundantly, and that bse sauces & sharpe splices, for such colour signifieth lepze to come. Sixtly, he gladly syngeth and hereth singing, by reason of his mery mynde. Seuenthly he is fleshy throughte the cause before sayde. The. viii. is, he is hardy, throughte heate of the blud, whiche is cause of boldnes. The. ix. is, the sanguine person is benigne and gentill, throughte bounte of the sanguyne humour.

Flegma vires modicas tribuit, latosq; brevesq;.

Flegma facit pingues, sanguis reddit mediocres.

Sensus hebes, tardus motus, pigritia, somnus.

Hec somnus lensus, piger, in hac sputamine multus.

Et quis sensus habes pingues, facit color asbus.

Here the auctour sheweth certayne propretes of the complexion of flemme. Fyrste, flematyke folkes be weake, by reason that their naturall heate, whiche is begynner of all strengthe and operation, is but feble. Secondly flematyke folkes be shorte and thicke: for their natural heate is not stronge inough to length the body, and therfore it is thycke and shorte. Thridely flematyke folkes be fatte, bycause of their greatte humidite. Therfore Auicen sayeth, that superfluous greace signifieth colde and moystenes: for the bloudde, and the vnciuous mattier of grease, persynge throughe the veinis in to þ cold membris, though coldenes of the membris, do coniele togither, and so engendre in man moche grease, as Galen saith in his.ii. boke of operation. He sayth after, that sanguine men are myddel bare betwene the longe and the shorte. Fourthly, flematyke folkes are more inclyned to ydelnes and study than folkes of other complexion, by reason of their coldenes that maketh them slepe. Fiftely they slepe longer, by reason of their great coldenes that pouoketh them to slepe. Sixtly, they be dulle of wytte and vnderstandyng: for as temperate heate is cause of good wytte and vnderstanding, soo colde is cause of blunt wytte and dull vnderstandinge. Seuenthly, they be slouthfulle, and that is by colde: for as heate maketh a man light and quicke in mouyng, soo colde maketh a man

THE REGIMENT

heuy and slouthefull. The. viii. is, they be lumpythe and slepe longe.

Est humor colore, qui competit impetuosis.

Hoc genus est hominum, cupiens precelere cunctos.

Hi leviter discunt, multum comedunt, cito crescunt.

Inde magnanimi, sunt largi summa petentes.

Hirsutus, fallax, irascens, prodigus, audax.

Astutus, gracilis, siccus, groceiq; coloris.

Here the auctour teacheth vs to knowe a person of colerike complexion. Fyfste, he is hastye, by reason of superfluous heate, that moueth hym to hastines. And therfore Auycen sayth, that dedes of excessiue motion, signifie heate. Secondly, the colerike persone is desirous of honour, and coueteth to be uppermoste, and to excell all other: by reason that superfluous heate makethe mas mynde prone to arrogante & fole hardines. Thysdly, they lerne lyghtly, by reason of the subtlenes of the colerike humour. And therfore Auycen sayth, that the vnderstandingy promptenes and quicke agilitate to intelligēce, betokeneth heate of complexion. Fourthly they eate moche, for in theym the heate digestiue is stronger, and moze resolutiue than in other bodyes. Fyftelye, they encrease sone, through strength of naturall heate in them, whiche is cause of augmentation. The. vi. is, they be stoute stomaked, that is they can suffre no injuries, by reason of the heate in them. And therfore Auycen saythe, that to take euery thyng impaciently, sygnifyeth heate.

The

Auic. ii. i.
do. 3.ca.3.

Auic. ii. i.
do. 3.ca.3.

The. vii. is, they be liberal to those that honour
theym. The. viii. is, they desyre hyghe dignites
and offyces. The. ix. is, a coleryke plon is heary,
by reason of the heate that openeth the poores,
and moueth the matter of hearis to the s kyne.
And therfore it is a common sayenge, the cole-
rycke man is as heary as a gotte. The. x. is, he
is disceyuable. The. xi. is, he is soone angry,
throughe his hotte nature. And therfore Auicen
saythe, often angry, and for a smal cause, betoke-
nethe heate, throughe easye motion of coler,
and boylunge of the bloudde abouthe the harte.
The. xii. is, he is a walster, inspendyng largly
to obtayne honours. The. xiii. is, he is bolde,
for boldenes cometh of great heate speciallye a-
bout the harte. The. xiv. is, he is wylpe. The
xv. is, he is sklender membred, and not fleshly.
The. xvi. is, he is leane and drye. The. xvii. is,
he is iaffron colored. And therfore Auicen sayth,
that coler signifieth dominion.

Restat et adhuc tristis colere substancie nigre.

Qui reddit prauos, per tristes pauca loquentes.

Hi uigilant studiis, nec mens est dedita somno.

Seruant propositum sibi, nil reputant fore tutum.

Inuidus & tristis, cupidus dextreq. tenacis.

Non expers fraudis, timidus, luteiq; coloris.

Here thau to declareth som tokens of a melancoly pson. fyoste melancoly maketh folkes shrewd and yll manered: as they that kyll theym selfe. Secondly melancoly folkes are moste parte sad, e. ii. through

THE REGIMENT

throughe their melācoly sp̄rites, troublous and
darke: lyke as clere sp̄rites make folkes glad.
Thyrdely, they talke lyttel, by reason of their col-
denes. Fourthly, they be studious, for they couet
alwaye to be alone. Fiftely they slepe nat well,
by reason of the ouer moche d̄ynes of þ brayne,
and throughe melancoly fumes, they haue horri-
ble dreames, that wake theym out of they slepe.
Sixtely, they be stedfaste in their purpose, and
of good memory, and harde to please: and this
cometh throughe their d̄ynes. Seuenthly, they
thinke nothyng sure, they alwey d̄rede, throughe
darkenes of their sp̄rites. In the. ii. laste verles
he reciteth some of the forsayd signis and other.
Fyrste, the melancoly person is eniuious, he is
sadde, he is couetous, he holdeth faste, and is an-
yll payer, he is simple, and yet discytefull: and
therfoze melancoly folkes are deuoute, great re-
ders, fasters, and kepers of abstinenſe. Sixtly,
he is fearefull. Seuenthlye, he hathe an erthye
broune colour: whiche colour if it be any thyng
grene, sygnifieth the dominion of melancoly, as
Rasis sayth.

Hi sunt humores, qui prestant cuiq; colores.

Omnibus in rebus ex flegmate fit color albus.

Sanguine fit rubens, colera, rubea, quoq; ruffus,

Si pccet sanguis, facies rubet, extat acellus.

Inflantur gene, corpus nimiumq; grauatur.

Est plusquam frequens plenus, mollis dolor ingens.

Maxime fit frontis, et constipatio uentris.

Siccaque

Sicq; lingua suis, et somnia plena rubore.

Dulcior adest sputi, sunt acria dulcia queque.

Here thauctour reciteth the colours that folowe
the complections. A flematike person is whytly
coloured: the colerike is browne and tawny: the
sanguyne is tuddy, the melancoly is pale, cole-
red lyke erthe. After warde the texte declarethe
xii. colours signyfyenge superfluite of bloudde.
The fyrist is, whan the face is redde, by the ascen-
dyng of bloud to the head and face. The second
is, whan þe eies bolle oute farther than they were
wonte. The. iii. is, whan the eies are swollen.
The. iii. is, whan the body is all heup: for na-
ture can nat susteyne noȝ gouerne soo gret quan-
tite of bloud. The. v. is, whan the pulce beatethe
thycke. The. vi. is, whan the pulce is fulle, by
reason of þe multitude of hottē & moyſt vapours.
The. vii. is, whan the pulce is softe, throughe
muche humydyte that mollyfiethe the mattyer.
The. viii. is ache of the forthead. The. ix. is,
whan the bealy is costiue, throughe great heate
that dryeth by the fylthy matter. The. x. is, whan
the tonge is dry and rough forȝlike cause. The. xi.
is great thyriste, throughe drynes of þe stomaches
mouthe engendred of great heate. The. xii. is,
whan one dreameþe of redde thynges. This
Auicen affirmeth sayeng, Slepe that signifieth Anic. ii. 1.
doc. 3. ca. 7 abundance of bludde, is whan a man dreameþ
that he seeth redde thynges: oȝ elles that he she-
deth moche of his bloud, oȝels, that he swym-
e. iii. meche

THE REGIMENT

meth in bloud and suche lyke. The . xiii. is, the swetenes of spittell, throught swetenes of bloud. Here is to be noted, that lyke as there be tokens of abundaunce of bloud, so there be signes of the abundaunce of other humours, as in these ver-
ses folowynge.

Accusat coleram dertere dolor aspera lingua.
Tinnitus, vomitusq; frequens, vigilans mulet.
Multo sitis, punguis, egelito, tortio ventris.
Nausea sit mortus cordis, languescit orexis,
Pulsus adest gracilis, durns, veloxq; calecens.
Aret, amarefcit, incendia somnia fingit.

The tokens of abundance of fleme are contained
in these verses folowynge.

Flegma supergrediens propias in corpore leges,
Os facit insipidum, fastidia cerebra, siluas.
Constarum stomachi : simul occipitisq; dolores.
Pulsus adest gravis, et tardus, mollis, inanis,
precedit fallax, fantasmat, somnus aquosa.

The sygnes of abundance of melancoly are con-
teyned in these verses folowynge.

Vumorum pleno dum sex in corpore regnat.
Nigra cutis, durus, pulsus, tenuis et vrina.
Solicitude, timor, et tristitia, somnia tempus.
Accresceri rugitus sapor, et sputumnis idem.
Lensisq; precipue tinnit et sibilat auris.

Denus septenus nix fleubothomiam petit annus.

Spiritus uberior erit per fleubothomiam.

Spiritus ex potu vini mox multiplicatur.

Humerumq; cibo damnum lente reparatur.

Lumina clarificat, sincerat fleubothomia

Mentes, et cerebrum, calidas facit asse medullas.

Viscera purgabit, stomachum, ventremq; coercet.

Puros dat sensus, dat somnum, tedia tollit.

Auditus, vocem, uires producit et auger.

Here the auctour spekyng of bloudde lettinge,
sayth, that at . xvii. yere of age one may be lette
bloud,

bloudde. And touchynge this Galen sayth, that chyldren shulde not be lette bloudde, before they be xiij. yeres olde at least, bycause chyldrens bodies be soone resolued from outwarde heate, and therfore by boydynge of bloudde they shulde be gretely weaked. Also for that they nede to nou-
 ryshe their bodyes and augmente theym, they shoulde not diminishe theyr bloudde. And eke for that they be sone dissolued from outwarde hete, it suffiseth that they nede not to be lette bloudde. And witteth wel, that as bloudde lettynge is not conuenient for chyldren, soo it is vnholosome for olde folkes, as Galen saythe: for the good bloud is lyttell and the yll moche, and bloudde lettynge draweth away the good bloudde, and leaueth the yll, as Aluicen sayth: And therfore bloudde let-
 tyng is unconuenient for suche persons. Secon-
 dlye, he puttethe the hurte of bloudde lettynge. Of neccslite with boydynge of bloudde, done by bloudde lettynge, mans spyrites beyng in the bloudde, do auoyde. Thysdely, he sheweth howe the spyrites shoulde be cherised and restored, and that is by dynkyng of wyne after the bloudde lettynge: For of all thynges to nouyshe quickly, wyne is best, as is beforesayde. The spyrites also be cheryshed and restored by meates, but that is not soo quickly as by wine. And the meate after bloudde lettynge must be lyght of digestion, and a gret engendrer of bloud, as rere rosted egges & suche lyke. And all though meate restore the spyrites

Ga.9. reg.

Aui. iii. 1.
capi. 18.

THE REGIMENT

sprites after bloudde lettynge, yet lette the pacientes beware of moche meate the firsse & seconde daye. For Isaac saythe In dietis, that they muste dynke moze than eate, and yet they muste dynke less than they dydde before bloudde lettynge, for Digestion is weaker. Fourthly, the auctour putteth a . xi . profites of bloudde lettynge, that is dulye done. Fyfste, temperate bloudde lettynge comforteth the syghte: for diminishyng of humours doth eke diminishyng to the head: and the repletion therof, that darketh the syghte. Secondelye, it clereþe and maketh the pure the mynde and bþayne, throughe the same cause. Thyrdely it heateth the mary: for it mynisheth the supersluites, that thereto come and coole it. Fourthly, it purgeth the entrayles: for nature vngarged of bloud, digesteth better rawe humours that be leste. Syftely, bloud lettynge restryneth vometynge and the laske: for it dyuerteth the humours frome the interioþ partyes to the outewarde, and specially the lettyng bloud of the armes, as Auycen saythe: for lettyng bloud of the feete stoppethe nat so wel: yet pþchace the bloud lettynge shall augment the laske, and that.ii. wayes Firste, by bloudde lettyng nature is discharged of her bourden, and beyng comforþed, it prouoketh other vacuations. Secondly, if the laske be caused by great weakenes of vertue contentyue. For than, by reason that by bloudde lettynge vertue is weakened, the laske is aug-

augmented. **S**yxtly, bloud lettynge clereth the wittes: for it minisheth vaporation that gooth to the head and troubleth the wittes. **S**euenthlye, hit helpeth one to slepe, for therby many humours be voyded, of whiche dyuers sharpe vapours are lyfted vp, that lette one to slepe. **T**he viii. is, hit taketh away tedyousnes and ouer grete grefe, for therbi vertue is vnloded of grefe: for with the melacoly blud, the dregges of blud, whiche induceth tedyousnes & grefe, are drawen out. **T**he. ix. is, it comforzeth the herynge: for therby the vapours and humours that ascende to the head, and let the heryng, are dympynshed. **T**he. x. is, it comforzeth the voyce: for therby the superfluites and humidites, that haue come to the breste or pype of the lyghtes, and lette the voyce, are diminished. **T**he. xi. is, hit augmen-
teth the strengthes, for therby the bodye is dis-
charged of grefe. Wherfoze the vertue is aug-
mented.

Tres insunt istis Maius, September, aprilis.

Et sunt lunares, sunt velut ydra dies.

Prima dies primi. postremaq; posteriorum

Nec sanguis minui, nec carnibus anseris vii.

In sene vel iuuene, si vene sanguine plene,

Omni mense bone, confert incisio uene.

Hi sunt tres menses, Maius, September, aprilis,

In quibus eminuas, vt longo tempore viuas.

Here the auctour saythe, that these thre, Maye, September, and Appyle, are the monethes of

THE REGIMENT

the moone, and in them are dayes for bydden to let bloud, that is the syste of Maye, and laste of September and Apryle. Though this be a common rule, yet it is false. For the foreshayde dayes maye be as good and as worthy to be chosen as the other, after the diuersite of the constellation in them. Farther, he saythe, that in those dayes one shulde not eate goose fleshe, whyche is also false and errorious, and very wytche crafte.

I thynke the auctour hadde this sayenge of the Jewes, whiche obserue suche maner. Secondly he saythe, that men of myddell aye and yonge folkes, whose beynes be full of bloudde, may be let bled very moneth, for those may well resyst resol, and in them is great quatite of good bloud. Chyrdely he sayth: that bloude lettynge for mans helch, must be done in one of these thre monethes, Maye, September, and Apryle.

But yet with difference, for in Apryle and May, the lyuer beyne muste be lette bloudde, bycause than in ver tyme the bloudde increaseth: and in September in the splene beyne, bycause of melancholy, whiche than in autumnne increaseth.

*Frigida natura frigens, regio, dolor ingens,
Post lauachrum, coitum, minor etas, atq; seniles,
Morbus prolixus, repletio potus et esce.
Si fragilis vel subtilis sensus stomachi sit,
Et fastiditi, tibi sunt flebothomandi.*

Here the auctour putteth. xii. thynges that lette bloudde lettynge. The syste is coldnes of complexion

plection: for as Galen sayth, bloudde lettynge cooleth and augmenteth coldenes: bycause, as Isaac sayth, bloud is the foundation of naturall heate: and in that that bloud lettynge boydeth blud, it boideth hete, and so consequently cooleth. The. ii. is a feruent colde contrey, vnder whiche a colde season shulde be comprehended, whiche also letteth bloud lettyng: for in a countrey and season very colde, the blud is closed in the deepest partis of the body, and the bloud that tarieth in the vther partis, the colde maketh thycke, whiche to boide is no wylsdome. The. iii. is feruent ache, vnder whiche eke maye be comprehended great inflammatiō of the body: for if one in suche accidentis be let blud, there foloweth great motion agitatō, contrary to nature, and greater inflammation, whiche weaketh nature moze. The cause of this motion agitatō is attractiō to dyuers partis: for by blud lettinge attraction is caused to the place that is lette bloud: and by great ache attraction is caused to þ place of ache. The cause of greater inflammation is, that by bloud lettynge the humours be moued, wherby they be moze inflamed. And this is trouth whan bloudde lettynge is lyttell and artificiall. Yet yf it be done tyl one swounde, hit is holsome in the foressayd cases: for this bloudde lettynge, whan it ouercommethe the attraction of the ache, hit causeth nat motion agitatō: and lyke wyse it takethe awaye inflammation, whan there be no

THE REGIMENT

humors, that shulde moue heate, and cause more
inflammatiō. This is Galens mynde, sayenge
Gal in cō
mēto illis
us apho-
qagerun-
tur.
there is no better medicine for an impostume or
feruent inflammation, feuers, and a great ache,
than bloud lettyng. The. iiii. is bayninge, spe-
cially resolutiue: for that lettethe bloud lettyng,
for that were vacuation vpon vacuation, which
nature can nat easly beare. The. v. is carnall
copulation: for immediatly after that, one shuld
nat be letten bloud, bycause of double weakinge
of nature. The. vi. is to olde or to yonge, as it
is before touched. Of this Auycen saythe: Take
hede howe thou lettest one bloudde in any of the
for sayd cases: outcepte thou trust in the sygure,
in solidite of þ musculs, largenes of the beynes,
the fulnes of them, and ruddy colour. The. vii.
is longe sickenes: for by suche lettyng of bloud,
nature is doubly febled, both by longe lyckenes
& dyminishing. This is of trouth, sayth Auycen,
excepte there be corrupte bloud, for than bloudde
lettyng is holsome. The. viii. is great repletiō
of dynke. The. ix. is to eate to moch meate: and
vnder this is comprised meate vndigested.
The cause here of (as Auycen saythe) is this,
There be, iii. thynges þ draue to them, that is
emptines, heate, and secrete vertue or prop̄ete.
Than if the beynes be empty through voidynge
of bloud, they draue to them from the stomacke
or liuer, vndigested or supfluous meate or dynke,
whiche vndigested meate whan it cometh to the
mem-

memb̄es, can nat be amended, that is to saye,
 digested: for the third digestion can nat amende
 the faute of the seconde, nor the ii. of the fyſte,
 if the faute be so great that hit can nat conuerte
 in to the memb̄es, and so it there remaynyng
 maye cause some disease. The. x. is feblenes, for
 bloudde lettyng is a stronge boyder, as Gal. 2. aph
 saythe, therfore a feeble person maye nat endure ^{commen.}
 great diminishyng of bloud. The. xi. is subtile
 sensyblenes of the stomakes mouthe: whiche is
 called the harte stryng, for of luche bloudde let-
 tyng swounyng foloweth lightly. And vnder
 this weakenes of the stomake is eke compyſed,
 and easly flowynge of coler to the mouthe therof,
 enducinge vometyng. Wherfore they that haue
 the forſayde accidentes, shuld nat be lette bloude,
 for by blud lettyng the humours moued, be en-
 deduced to the stomakes mouthe, as to a place ac-
 customed: and bycause it is a weake and an im-
 potent memb̄e to reſyſte that flyre, therfore by
 ſuch letting of blud manye inconueniences chance.
 This is one cauſe whye manye swounde, whan
 they be lette bloude: by reaſon the coler floweth
 to the stomacke, whyche bytyng the stomacke,
 pynethe the harte and stomake ſo, that it cauſeth
 one to swounde. The. xii. is lothyng: for if in
 this lothyng, one be let bloud, whan the beynes
 be emptye, they drawe to them yll mattier that
 cauſeth lothſomnes. And belydes the forſayde
 accidentes there be yet other, that lette bloudde

THE REGIMENT

lettynge. Fyrst boydynge of menstrual flix or the emeraudes: for one diseased with eyther of these shulde nat be let bloud: yet it may be done to dyuerce the flyre or matter a nother way.

The. ii. is rarenes of composition: for in rare bo-
dys is moche dissolution: and therfore this re-
solution suffiseth them without euacuation, as
Galen saythe. The. iii. is rawnes, and clammy-
nes of humours: for than beware of bludde let-
ting, bycause it increaseth rawnes of humours,
and therfore in longe syckenes ye shulde nat let
bloudde: for rawnes of humours increaseth the
strength feebleth, and the syckenes prolongeth.
And therfore Auicen sayth, that in longe sycke-
nes before one is let bloud, he shulde take a lexa-
tive, all though he nedeth bothe. Rawnes of hu-
mours is caused. ii. wayes. One is throughe a-
bundance of humours that choke natural heate,
whyche chokyng bledeth rawe humours, and
than bloudde lettynge is holsome. Wherfore

Alex. 2. li. Alexander saythe: Lettynge of bloude in the be-
ca. hidrop gynnyng of the dyoply is holsome: whan it co-
pissi. meth by abundance of menstrual bloud, that
throughe some cause is prohibited to issue: or by
abundance of the emeraudes: For lyke as a lyt-
tel fire is quenched vnder a great heape of wod,
soo lyke wyse naturall heate is suffocate with a-
bundance of humours. The. ii. cause of rawe hu-
mours is feblenes of naturall heate, as in folkes
of feble complection, or such as haue ben longe
sick,

sicke, or be very aged, for thā the layd bloud letting is vnholsome: bycause it augmeteth rawnes, for the bloud that conserueth hete is drawen out, and so the body is made cold, & y humours moxe rawe: Therfore the bloud muste beleste to digest rawe humors. The.iii.is, vndue disposition of the ayer, eyther to hotte or to colde: for moche heate causeth stronge resolution: & great colde maketh the bloudde thycke and vnapte to issue or auoyde.

Quid debes facere, quando uis fleu bothomari,

Vel quando minuis, fueris vel quando minutus.

Vnctio siue potus lauachrum, vel fascia motus,

Debent non fragili tibi singula mente teneri.

This texte declareth fyue thynges þ ought to be. i. thynges done about blud lettinge: some before, some at ^{in bloudde} the tyme, and some after. The fyfste is annoyntynge, which other whyle is vsed in the bloudde lettinge, as to annoynte the place or beyne that is opened, to alswage the peyne: sometyme hit is vsed after bloudde lettinge, to kepe the gashe that hit close not vp to soone, that the humours that be lefte in the beynes may haue some respiration, and some yl fumes boyde out. The. ii. is to drynke, and specially wyne, whiche is good in bloud lettinge: if one hap to sownde: and also hit is verye holsome after bloud lettinge, to reuyue the sprytes and engendre newe bloudde, whiche thyng in practise all phisitions obserue, The thyrde is baynyng, whiche is holsome. iii. dayes

THE REGIMENT

dayes before and thre dayes after bloud lettinge, and nat the same daye. Hit is good before, if one chinke he haue grosse humours within hym, for baininge leuseth and moueth the humours, and for the sayde cause it is holsome to take a sharpe syrope before, to moue, dissolute, and make subtile the humours. And therfore, whan ye wyll lette one bloud, ye must rubbe the arme, that the humours in the veines about may be made subtile and prepared to issue out moze easlye. Hit is holsome after bloud lettyng, that the resydue of humours and vapoures, that be lefte behynde, may be leused. It is nat holsome the same daye, for bayninge maketh the skynne lynnowe or souppule, whiche made lynnowe wyll nat abyde the stroke that is gyuen in bloud lettyng, and that is dangerous. The fourth is byndynge with linnen clothes, whiche is very holsome to stop the bloudde after euacuation therof, and before bledyng, to drowne the humours in the beynes, and to cause them to swelle, and better to appere. The fyfte is moderate walkynge after blud lettyng, to dissolute and make subtile the humours, and after warde to leuse the resydue of the humours that be lefte behynde. Some vse to be let bloudde fastynge, but some other saye, hit were better to eate a rere rosted egge fyfth, and thereto drynke a draught of wine, about the houre of ix. or x. before dyner, and forth with to be let bloud: By cause whan the stomake is emptye, nature retelyneth

reteynethe stylle the bloudde moze strongelye,
lest he shulde lacke nouryshemente, but whan
one hath eaten a lyttell nouryshyng meate, as
wyne and egges is, thā nature suffreth the bloud
better to issue.

Exhilarat tristes, iratos placat amantes.

Ne sint amentes fleubothomia facit.

Here be declared thre effectes of bloudde letting.

Fyrste it maketh a sadde person mery. Secondly

it appeaseth angery folkes: The reason is this,

moche melançoly myngled with the bloud, cau-

seth heuynes, and moche coler causethe anger,

Whiche two humours, as they be myngled with

the bloudde, are drawen oute by bloud letting.

Thyrdely it kepereth louers from furious rauing,

for it remoueth the bloudde frome the head, and

auoydeth it by the other exteriour partes. Far-

thermore there be. v. causes of bloudde letting.

The fyrste is, that the abundance, whether it be

in qualite, or quantite, or bothe, shulde be voided.

For as Iuicen sayeth, two maner of folkes must

be let bloud. One are suche as be disposed to be

sicke, that haue abundance of bloud in quantite.

The other are they that are sicke alredy, through

the malyce of humours or bloudde. But there is

difference in these two bloudde lettynges. For

bloudde letting for the abundance of bloudde

ought to be moche, but whan it is done to auoide

yll bloud, it must be moderate, as Galen sayth.

And therfore they do very pl, that lette them selfe

Thre ef-
fectes of
bloudde
lettyng.

Ga.9.m.e.

THE REGIMENT

blede tyll they percepue the good bloud issue, for parauenture all theyz bloud shall runne out, et they see any good bludde appere. Therfore they shulde boide a litel at ones: and after the minde of Galen, in this case: before they let one bloud, they shulde gyue hym good meates, to engendre good bloudde, to fulfyll the place of the yl bloud that is auoyded: and after within a lyttel space, to lette bloud a lyttell and lyttell. This is called dyrecte lettyng of bloud, for it is done to auoyde abundance of bloud, and of such humours, as shulde be auoyded. The fyfste indirecte cause is the greatnes of the disease, and greatnes of the apparent vehement inflammation, for as Galen saythe, there is no better medeine for an impostume of vehement inflammation, feuers, and a great ache, than bloud lettyng. The second indirecte cause is, that the mattier, whiche muste be auoided, be drawen to that place from whens it muste be auoyded. And therfore in retention of the menstrual slyre and emeraudes, the greate beyne in the sote called Sophena, must be opened, as Galen saythe, to drawe downe the mattier of the bloud. The thyrdie indirect cause is to drawe the humours to the place, contrary to that place that they sowe to, to dyuerte the mattyer frome that place. Therfore for to moche abundance of menstruositie, the beyne Basilica, muste be lette bloud, to turne the matter to the contrary parte, and so to boyde it frome his propze course. And therfore

Galen . in
com. illius
aph. que
reguntur.

therfore he that hath a pluresy on his leste syde, must be let blud on y right side, to diuerte & draw the mattier to the place contrary to that place þ it enclyneth to. And lyke wyse if it be on the ryght side, to let bloud on y leste. The. iiiii. indirect cause is, þ by letting of bloud, one portion of þ mattier may be auoyded, that nature may be the stronger vpō the residue, & so letting of bloud is holsome, whan the bodye is full, lest impostumes growe: for the regument of nature is feble, in regarde of these humors: wherfore whan a portion of the mattier is voyded, nature gouerneth the mattier so that it shulde not flowe to some weake place and b̄ede an impostume.

Fac plagam largam mediocriter, ut cito sumus

Excet vberius, liberiusq; cruor.

Here the auctour saith, that the gashe made in let-
tinge of bloud ought to be of a meane largenes,
þ the grosse bloud may easely issue out: for whā þ
gashe is strayne, the pure bloud onely goth out,
and the grosse abydeth styll in. And note, that
some tyme the galſhe muste be great, and some
tyme smalle. The gashe muste be great for. iii.
causes. fyſte, bycause the humours be grosse,
and grosse bloud must be voyded, as in them that
be melancoly. Secondlye, in wynter the gashe
must be great, for colde engrosseth the humors.
Thridly, for thabundance of humours, for they
auoyde better by a greatte gashe than a small.
But the gashe must be smal, whan the personne

THE REGIMENT

is of weake strength, that the spirites and naturall heate auoyde not to moche: and lykebylde in a hotte season, and whan the bloud is pure.

Sanguine subtracto sex horis est uigilandum,

Ne somni fumus ledat sensibile corpus.

Ne neruum ledat non sit tibi plaga profunda.

Sanguine purgatus non carpas protinus escas.

Thre thinges muste be consydred whan one is let bloud. Fyoste that he slepe nat in . vi. houres after, leest the fumes engendred by slepe ascende to the head and hurte the brayne. Farther leaste in his slepe he turne hym on the arme that is let bloudde, and therby hurte hym, and leeste the humours by slepe, flowe to the peynful membre, by reason of the incisio, and so bzedde an impostume.

For Galen sayth, that if impostumes bzedde in the body, or in a membre that is hurte: the humours wyll flowe thervnto. But Auicen assignethe an other cause, that by suche slepe may chance confractiō of the membres: The cause maye be as Galen sayth, that slepe is vnholosome in the ague fytte: for naturall heate gothe inwarde, and the outwardē partes ware colde, and the fumes remayn unconsumed: wherby the rygour is augmented, and the feuer fytte prolonged. Also by mouyng of the humours in letting of bloud, fumes are reyzed vp to the senowes and brawnes of the armes: which remaynyng unconsumed, ware colde in slepe, and ingrosse in the bitter partes. And therfore if one slepe immediately after

lettyng,

Ga. 2. aph.
super illo.
Inquo. &c

letting of bloud, they cause confractiōn of the senowes and braunes of the armes. And he sayth, that one in lettyngē of bloudde, must beware that he make not the gashe to depe, leste he hurte a senowe or an artery stryngē vnder the beyne: for hurtyng of a senowe causeth a mortall crampe, or losse of a membre, as an arme or a fynger, and hurte of an artery stryngē, causeth bledyng vncurable. And one ought nat to eate unmediatly after he is let bloudde, but he muste tary tyll the humours in hym be in quiete, leaste the meate afore it be digested, be drawen to gether with the bloudde, to succour the hurte membre.

Omnia de lacte uitabis rite minute.

Et uitet porum fleu bothomatus homo.

Frigida uitabit, quia sunt inimica minutis.

Interdictus erit minutis nubilus aer.

Spiritus exultat minutis luce per auras.

Omnibus apta quies est, motus ualde nocivus.

Here the auctour saythe. v. thinges muste be eschewed of hym that is let bloudde. The fyfste is milke and white meates: for by sturyng of humours caused by lettyngē of bloudde, ofte tymes some humours flowe to the stomacke: therfore if he shulde eate mylke, by mynglyng with the humours, it wolde corrupte in the stomacke: syth of it selfe it is verye corruptible. And eke by reson that it is swete, the mylke may be drawen to the beynes vndigested: and throughte sturyngē of humours lyghtely corrupte. Secondelye, he

v. thinges
to be eschewed
of hym
that is let
bloudde.

1. v. thinges
to be eschewed
of hym
that is let
bloudde.

muste beware of moche dynkyng: for by reason that the beynes be empty, the dynke vndygested is lightly drawen to them, as is aforesaid. Thysdly, he must eschewe all colde thynges, as wel outward, as inward, as meates very cold, colde ayer, colde bathynge, thynne clothynge, restynge on stones, coldenes of the head and fete, for by reason that natural heate is febled by let-tyng of bloudde, the body wyl soone be to colde. Fourthly, he that is let bloud, shulde nat walke in darke cloudy or troublous ayer: for that maketh hym heip and vnlysty, as is afore sayde at, *Aer si murdus. &c.* And heuines is cause of melancholy bloudde. Therfore he must walke in a fayre clere ayer: for that recreateth the naturall, and lyuely spirites: fyfthly he muste eschewe excessive labour, and vse moderate reste: for excessive sturyng about than specially, weaketh and mouethe humours, but temperate reste swageth the motion.

Principio minus in acutis perpetra cutis.

Eatis medicum de sanguine tolle.

Sed pure argenex tollet uterq; parum.

Ver tollet duplum, reliquum tempus nisi simplum.

Here he speaketh of. iii. thynges. Fyrste, the letynge of bloud shulde be done in the begynnyng of sharpe diseases, which are ended y. iiiij. daye. For such be shorte and make no delay: therfore they must be remedied at the begynnyng. The. ii. is that from. xxx. pere to. xl. or. l. one

*The best
tyme and
age to let
bloudde.*

Chulde

shulde be let bloud mooste, for at that age bloud
 increaseth mooste of all: nor the dynynghyng
 therof letteth not the growynge: nor the bodyly
 strength is not lessed therby: for the body in that
 age groweth not, but semeth to stande stil at one
 state. The thyde is, that olde folke and children
 shulde be let bloud but lytel: for yonge children
 nede moche bloud to norishe and increase them,
 and aged folkes strength decayeth. Fourtehlye,
 in ver double quantite of bloud shuld be boided
 in regarde of other seasons: for that tyme spe-
 cially increaseth bloudde, as all phisitions saye.
 Touchynge the fyre sayenge, a fewe rules con-
 cernyng lettynge of bloudde, wolde be gyuen.
 The fyre is, that at the begynnyng of the syc-
 knes one shuld not be let bloudde, for as Galen
 sayth, nature is woxer of all thynges, and the
 phisition is mynister. But he sayth, that no va-
 cuation at the beginning of sickenes is natural,
 for as nature in the beginning of sickenes auoi-
 deth nothyng, lyke wyle no more shuld the phis-
 ition. Yet thre thynges withstande this rule.
 The fyre is furiosite of the mattier. For Auicen
 sayth, that whan the sickenes begynnethe, one
 shuld not be let bloud, for lettynge of bloud stir-
 reth the humours, and maketh them subtile,
 and to rounne through out all the body, outcepte
 the mattier be furious. The secōd is, abundance
 of the mattier: for Galen saythe, that it is than-
 behoueful to be let bloud or take a medicin larg-
 e, Ga. 3. reg.

Idem. iiiii.
 aphoris. in
 com. sup.
 Egredi.
 nis. &c.

Ga. in aph.
 In choari.
 bus mora
 bis. &c.
 tive,

THE REGIMENT

tue, to allcuate nature loded with abundance
 of mattier. The thyde is greatnes and sharpe-
 nes of the syckenes, as whan there is a greate
 and an achefull impostume, thoughe the mattier
 be lyttel. For Galen sayth, if the impostume
 be great, ye must let bloudde at the begynnyng,
 thoughe there be but lyttell mattier: leaste it
 breke or open er it be ripe: therfore to eschue ma-
 ny inconueniences bloud lettinge must be done.
 The .ii. rule is, that bloud lettinge may not be
 done on the day of motion of the syckenes, as in
 Crisis, nor no other vacuation nor diuertyng of
 mattier from the place that nature sendeth it to.
 Nor lykewyse in the ague fitte. For Galen sayth.
 That whan the sickenes is in his estate, neyther
 bloudde lettinge nor laxatue shulde be done.
 For than the matter rypeth, whiche rypeth bet-
 ter by quietnes than by steryng. The thirde rule
 is, that lettinge bloudde shoulde not be done in
 begynnyng of the syckenes, whan crisis is re-
 moued: for Isaac sayth in his booke of ymages,
 that though þ hart be the engendrer of the bloud
 and spirites, yet the bloudde is fundation of na-
 turall heate, and sussteyneth it, for heate is na-
 turallye therof engendred: and therfore he that
 boydeth bloudde, boydeth heate: whiche shulde
 digeste the mattier of the syckenes, and soo conse-
 quently the syckenes is prolonged, and strength
 weaked. And therfore it is to vede, leste through
 lengthyng of the syckenes, and weakyng of the
 strength

Crisis is
 sodayne
 iudication
 eyther to
 helpe or
 dethe mu-
 tation.

G2.13.m.c.

Strength, nature shuld sayle. The fourth rule is, that the bodye hauyng dregges or fylthe in the guttes, shuld not be lette bloud. The cause is, there be thre thynges that drawe to them heate, emptynes, and all the shappe, so whan the veynes be emptied by lettyng of bloud, they drawe to theym from the nexte membre, as the guttes, and stomacke, wherby the bealye is indurated, and the mattier in the veynes are moxe enfeeted, the myseraik draweth the humidites of the ordeurs, and the ordeurs are dryed the moxe, therfore ye must syrste molify the bealy with clysters or suppositoires, excepte it waxe laxatiue alone. The . v . rule is, that lettyng of bloud shuld nat be moche vsed: for by ofte blyng therof, one drawyng in age, falleth in to diuers diseases, as Epilencie, Apoplexie, and palsey, for by remouing of the blod and heate, many fleumatyke superfluities are engendred, that cause these diseases. The . vi . rule is, that a woman menstruate, or with childe shulde nat be let bloude. A wooman with childe shulde nat, for therby the heate that digesteth meate is dyminished, and the foode of that that she goeth with, is taken away: specially whan it that she gooth with, wareth great, for than it nedeth more foode. This sayeth the Hippocrate: whan the menstruositie kepereth due course and voyderh naturally inough, lettyng of blod shuld not be done, but when it voideth to moch, than to diuerte the mattier, it muste be doone, for

Hi. v. apgo.

for nature wolde nat be lette of her operation. The. vii. rule is, that after the colericke passion one shuld nat be let bloud, for by reason that lettinge of bloude stoureth vp the humours, a colericke humour may flowe to the stomake, and enflame it: no; after vometynge, lest humours by hewysse flowe to the stomacke: no; after y fire, no; after great watchyng, no; after moche traunayle: no; after any thyng that greatly heateth or dissolueth: for in those cases letting of bloud shoulde greatly moue the humours, and enfeble the strength. Nowe it is to be considred, who be mete to be let bloud: & therfore we shall declare a fewe rules. The fyfste rule is, that letting of bloude is very expedient for delycate, ydel, and corsy folkes: and that vse meates engendryng moche bloud. The secōd rule is, it is holsome for those that haue abundaunce of bloudde, whiche abundance is knownen by the thyckenes of theyz brine: for abundance of bloud maketh it thycke, and abundance of coler maketh it thynne. The third is, they shoulde be let bloud, in whom melancoly abundeth: for whan moche natural melancoly runneth with the bloud through out al the body, not purifieng the yll bloud, than letting of bloud is holsome. There be ii. kyndes of melancoly, natural and unnaturall. Natural is the dregges of bloudde, whiche whan it abounds, it runnethe with bloudde: and in lettinge of bloudde is voyded therwith. for of the same
tem

temperate heate, bloud, and melancholy, the dredges therof, is engendred. The. iii. rule is, that whan boylunge, conturbation, and calefaction of humours is feared, it is holsome to let bloud; and those persons, as soone as they fele theym selfe inflamed, shulde be let bloud, to auoyde the forsayd motions, caused by greate abundance of humours. Yet other while some be disceyued by this rule: for forthwith whā they fele calefactiō, & feare boylig of humours, they let them bloud. And whan this cometh of heate, calefaction, and incision, the calefaction or boylung cesseth nat by bloude lettynge, ye it is rather augmented: for bloud lettynge moueth the humours, and maketh theym runne throughe the body: therfore lettynge of bloude is not holsome, excepte it be for abundance of humours, whiche is knownen by moche swette specially in the morwyng, for there be some that swette nat, excepte they nedē euacuation. The. v. rule is, they that be myghty and strong, shoulde be let bloud, & nat they that be colde and dry. For Rasis sayth, that those bodies are apte to be let bloud, that haue great apparant beynes, & be heary, and colored betwene browne and red, and folkes nat to yonge nor to olde, for chyldren and unweldy aged personnes shoulde not be let bloudde, excepte great necessity require it. Many of the sayd rules be gethered out of Auicen.

Estas uer dextras, autumnus hyemsq; sinistras.

h. ii.

Quatuor

Aui. iii. 1.
ca. de flenz
bosomia.

THE REGEMENT

Quatuor hec membra cephe, cor, pes, epas vacuatur.
Ver cor, epas estas, ordo sequens reliqua.

Here the auctour recytyng certayne thynges
concernyng the membres that be lette bloude,
saithe, that in ver and sommer the veynes of the
ryghte hande, arme or foote shuld be let bloude.
But in wynter and autumnne, the veynes of the
lefte hande, arme, or foote must be dynimisched.
The cause hereof may be, for that ver encreaseth
blud, and somer coler, therfore in ver and som-
mer ye shulde diminishe those veynes, in whiche
bloude and coler abounde, whiche be the ryght
syde veynes, for on the ryghte syde of the bodye
standeth the membre that engendreth bloud, that
is the lyuer, and the receptacle of coler, the gall.
Autumnne engendreth melancoly, which is ge-
thered to gether, a nat resolued by wynter: ther-
fore in ver and wynter, those veynes shoulde be
let bloud, in which melancoly hathe dominion.
whiche be the lefte syde veynes, for the splene is
on the lefte syde of the body, whiche is the recep-
tacle of melancoly. Secondelye he saythe, that
these. iii. membres, the head, the harte, the fote,
and the lyuer, after the. iii. seasons of the yere,
muste be empted, the harte in ver, the lyuer in
sommer, the head in wynter, and the foote in
Autumne.

Dat saluatella tibi plurima dona minuta.

Purgat epas, splenem, pectus, precordia, uocem.
Innaturalem tollit de corde dolorem.

Here

Here the autour recyfeth. v. commodities that
comme be lettynge blod of the veyne Saluatella,
It is the veyne on the backe of the hande, be-
twene the myddel fynger and the ryng fynger,
it purgethe the lyuer, it clengethe the splene, it
mundifieth the brest, it preserueth the stoma-
kes mouthe from hurte, it doth awaie hurte of
the voyce. The reason of all these comodites
is by cause the foſsayde veyne auoydeth bloude
from all these places, as after it shall appere.
For amore ample declaration it is to write, that
in lettyng of bloude, otherwhyle the veynes be
opened, and sometyme the arteries. The ope-
nyng of the artery is dangerous, þ cause hereof
is the ouer moche bledyng, whiche is caused.ii.
wayes. One is throughe feruent heate of the ar-
tery bloude, for a hot thyng is soone moueable,
& dilateth & openeth the artery, & therfore it hel-
peth moche to voyde the bloud, in letting bloud
the artery. The.ii. cause is mobilite of the arte-
rie, and therfore the wounde or gasshe in it is
slowlyer healed, for woundes with out rest can
nat heale. Yet this lettyng of bloude is holsome
iii. maner wyse. Fyfste whan ther is abundāce
of subtil bloud in the body. Secondly whan the
bloude is vapoſous. Thysdelye whan it is
hotte. For subtile bloude, of which natural blod
and spiritis be engendred, resteth in the artery:
but gros bloude that nouryſheth the membris,
resteth in the veynes. Lykewyſe the vapoſous
h. iii. blod

bloude is conteyned in the artery, and sanguynne bloud in the beynes. Also the hottest bloude, the which is of the harte the hottest membre engendred and digested, is conteined in the artery, and the other bloud in the beynes. Secondly note, that the beynes are opened in many membres, sometyme in the arme, or in the great hande or small, sometyme in the foote, sometyme in the nose, some tyme in the forhead, sometyme in the lyppes, sometyme vnder the tounge, or in the ruffe of the mouthe, sometyme in the corners of the eies toward the forhead. From the arme pytte to the ellebowe are. v. beynes to be opened, as Rasis and Alicen say. The first is called Cephalica, whiche is the head beyne: The. ii. is called Basilica, whiche is the lyuer beyne. The. iii. is called Mediana, or Cardiana or nigra after Alicen, or matrix after Rasis. The. iiii. is called Assellaris: The. v. is called Funis brachij. In the lesse hande is Saluatella, so that in the arme, in that it conteyneth the moze and the lesse hand, are. vi. beynes to be opened. Cephalica empteth the partes about the necke, and therfore to open that beyne it is good for diseases of the head, as the megrim & other hotte gresses caused of hotte matter. This beyne begynneth at the shulder, and goeth forth towarde the lefte syde of the arme. Basilica, empteth the partes vnder the necke, as frome the breast and lyuer: and therfore the lettyng bloud of this beyne is holsome for diseases of the brest and

and lyuer, and ryght good in pluresye. This
beyne begynneth at the arme hole, and gothe a-
longe to the bowyng of the arme. Mediana is be-
twene these two said beynes, and is compacte of
theym bothe, for it is the braunche of eche. And
it is eke median in vacuation: for it voydeth
from all about, vnder, from, and aboue þ necke.
Wherfoze it is the vniuersal beyne to al the body
in voydung: but nat vniuersal (as some say) by-
cause it begynneth at the harte, but bycause
it is the braunch of Cephalica and Basilica. Ther-
foze whan you wyl let Cephalica bloud, & it appe-
reth not, ye shuld rather take Mediana, than Basi-
lica. And likewyse whan ye wyl let Basilica bloud,
and it appereth nat, ye shoulde rather mynysh
Mediana than Cephalica. For it agreeth better
to bothe, than one of them with the other. Sal-
uatella is þ beyne betwene þ myddell fynger and
the ryng fynger, moxe declynynge to the myd-
del fynger. It begynneth of Basilica. This veine
is opened in the ryght hande for opilation of þ
lyuer, and in the lefte hande for opilation of the
splene. There is no reason why it shuld be so, as
Auycen saythe, but experyence, whiche Galen
founde by a dreame, as he sayth. He had one in
cure, whose lyuer and splene were stopte, and he
dreameid that he did let him bloud of this veine,
and so he did, and cured the pacient. Whan this
beyne is let bloudde, the hande muste be put in
warme water, to engrosse and dilate it, bycause
it is

it is subtile, and that the gashe shulde nat close to soone, and to make the grosse bloude thinne. Assillaris is vnder Basilica, and apperethe in byndynge the armie: and lyke iugement is of it as of Basilica. Funis brachij is ouer Cephalica, or elles the hyndermoste bone: and is of one iugement with Cephalica. Therfore as Auen and Galen saye, though in openinge of beynes, be vniuersall vacuation of all the bodye, yet nat from all vrynes egally: nor lyke iepedy is nat in all. For Rasis sayth, that Cephalica is the surer, and Basilica more to be feared, and Cardiaca is to feare, but nat so moche as Basilica. Cephalica is sureste, for there is neyther senowe nor artery aboue nor vnder it: but vnder Cardiaca there is a senowe, and vpper aboue it is a subtile senowe: therfore it is to feare, leste it shulde be cutte. Basilica is very ioperdous: for vnder it is an artery, and nere it a senowe and a muscull. Saluatella is not ioperdous, and therfore y better to open it, it wolde be put in warme water. In the fote be thre beynes, Sciatica, Sophena, and the hamme beyne. These beynes be opened to drawe the bloude to the lower partes, as in prouokynge menstruositye, and the hamme beyne is better than Sophena, or Sciatica: for it is nere the matrice. Sophena draweth blod from the yarde, coddes, and matrice, and Sciatica frome the ancles raines and other membres towarde mans lyfte syde. Sophena frome the matrice and membres there

ther about, though they be braunches of one
beyne. In the middes of the forhead is a beyne,
whiche is open for olde diseases of the face, as
morphew, dyre scurfe, and scabbe, and for disea-
ses of the eyes, but fyrist Cephalica must be myni-
shed. There is lyke wyse a beyne in the noose,
and whan any of them is open, the necke must
be bounde, and one open after an other: and by
byndyng of the necke, they wyll better appere.
There be beynes in the lyppes, whych be open
for impostumes in the mouthe or goynnes, but
Cephalica is fyriste mynished. To open the four
beynes in the ruffe of the mouthe is holsome a-
gayne the reumes that slowe to the tethe, and
cause them to ake. These beynes appere playne-
ly: and muste be open whan the matter is dy-
gested. There be beynes in the corners of the
eyes toward the forhead, and they be open for
diseases of the eyes, but fyriste Cephalica must be
mynished. The beynes in the tympulls be let
bloudde for the megrym, and for greate and long
head ache. And those be the beynes, that Hippo-
crates and Galen calle Iuueniles, the incision of
the beynes maketh a man vnable to get children.
Also in the neck be beynes, called guides, which
must be opened in the begynnyng of lepze, and
specially for stoppyng of the wynde pypes, and
in the swynacye, whiche lettethe one to drawe
his breath.

Si dolor est capit is ex potu limpha bibatur.

THE REGEMENT

Ex potu nimio nam febris acuta creatur.

Si uertex capit is uel frons estu tribulentur.

Tempora fronsq; simul moderatur sepe fricentur

Morella cocta nec non calidaq; lauentur.

Headache
caused by
dynkyng.
and reme-
die ther-
fore.

Here thauctour notinge two thynges saith, that
if headache come by to moche dynkyng and
speciallye of wyne, or of any other dynke, that
makeith folkes dronken, one muste dynke colde
water vpon it, the whyche with the coldenes
therof ingrosseth the fumes that are lyfted vp,
and letteche them to hurte the brayne. The secōd
thyng is, that if the toppe of the head or forhead
be greued with to moche hete, than the tumpuls
shulde be moderately chafed, and after washed
with warme water, in the whiche motherwoyte
is sodde, for motherwoyte is cold and coleth.

Temporis estiui ieiunia corpora siccant.

Quolibet in mēse confert uomitus, quoq; purgat
Humores nocuos, stomachi lauāt ambitus omnis.

Ver, Autumnus, hyems, estas dominatur in anno.

Tempore uernali calidus sit aer humidusq;,

Et nullum tempus melius sit fleubothomie,

Vsus tunc homini ueneris confert moderatus.

Corporis et motus, uentrisq; solutio, sudor.

Balnea purgantur tunc corpora medicinis.

Estas more cale siccatur nascatur in illa.

Tunc quoq; prēcipue coleram rubeam dominari.

Humida frigida fercula dentur, sit Venus extra.

Balnea non prosunt, sit rare fleubothomie.

Vtilis est requies, sit cum moderamine potus.

Here

Here the autour notyng diuerse thinges, sayth, that moche fastynge in sommer dryeth the body, for in that that sommer is of nature hotte and drye, it resolueth the humours: the whyche also be resolued by ofte sweatynge in sommer, and so fastynge ther vpon dryeth the body moche more, for whan the humydite of meate is goone, the heate of the body woketh the vpon his owne humidites, and dryeth them. Wherefore Hippocrates saith: Hunger is expedient for those that are very moyste, for hunger dryeth the body.

The. ii. thyng is, that vometyng ones a moneth is holsome, for therby hurtfull humours that be conteyned in all the circuite of the stomacke, are voyded. To this agree the Auncen, sayenge: Hipocrates byddeth one to vomyte euery moneth twylle ii. dayes one after an other, that the seconde day may auoyde it that the fyfte coude nat, this conserueth helthe, and scoureth the stomake from sieme and coler. The stomake hathe nothyng to pourge it, lyke as the guttes haue red coler. Auncē putteth other profites of vometyng that is well done. fyfth it is good for head ache, caused of moyste vaporous mattier, that ascend from the stomake to the head, but if head ache come of his owne hurte of the brayne, than vometyng dothe rather hurte than profytte. Secondly it clereþ the syght, darked with vaporous mattiere of the stomacke, or elles nat.

The. iii. is, it dothe awaie wanblynge of the

i. li.

stomake

Hip. vii. 2.
ap̄horſ.

Stomake, in that it auoydeth the humour that causeth it. The. iii. is, it comforteth the stomake, in to the whiche coler is descended, the whiche corrupteth the meate. The. v. is, it dothe away lothyng or aborayng of meate. The. vi. is, it dothe away the cause, that maketh one haue a luste to sharpe, ponticke, and lower thinges, þ whiche cause of these dispositions beyng remoued, putteth or dothe away þ effecte therof. The. vii. is, vometyng is holosome for the laske that cometh before the dropesly, for it auoydeth the mattier of the sayd laske, and purgeth the stomake. The. viii. is, it is holosome for the greases in the raynes and bladder, for it diuerteth the matter þ flowethe to these partes, an other way. The. ix. is, if vometyng be done by constrainte of elborpe, it auoydeth the mattier, wherof lepse growethe: it amendeth the fyslie digestion, that the other digestions may the better be done. The. x. is, it maketh one to haue a good colour. The. xi. is, it purgeth þ stomake of a humour that causeth epilencie. The. xii. is, by stronge constrainte it remoueth a stoppinge matter, the whiche causeth the Ictericie. And lyke wyse it auoydeth a fleumatike mattier, the whiche commonly is cause of this stoppyng. The. xiii. is, it auoydeth the matter that causeth Asma, a disease that causeth one to drawe his breath peynefullly, and eke it comforteth the spiritual membris, by whose heate, the superfluities that cause

cause asina, are consumed. The .xiiii. is, it is hol-
some agaynste shakynge and palseye, for it a-
uoydeþe the matter that is cause therof. The
xv. is, it is holosome for one that hathe greattē
blacke sores an his lower partes: for it turnethe
the humours from thence. Although bon:etyng
duely and well done be cause of these commodi-
ties, yet whan it is vnduely done, it enducethe
many hurttes: for it feebleþe the stomacke and
makethe it apte for mattiers to flowe in to, it
hurtethe the brest, the syght, the tethe, old heed
ache. &c. as Auençayth. The .iii. thyng that
is noted in the texte is, that there be .iv. seasons
of the yere, ver, sommer, autumnne, and wynter.
Ver in respecte of the other seasons, is hottē and
moyste, thoughē it be temperate in it selfe, as
Galen sayth in his boke of complections, wher-
foze it foloweth, that this season is moze apte to
lette bloudde in, than the other: for it doþe moze
encreace humours. And therfoze in this season
moderate vse of carnall copulation, temperate
motion, laske, syþe, and swette is conuenient,
and lyke wylle temperate bathynge to diminishe
repletion. This season is eke good to take pour-
gations in. The .iii. is, somer heateth & dryeth:
and therfoze it encreaseth red coler hot and drye.
And for this cause in sommer we muste feede on
colde and moist meates, to diminishe the feruēt-
nes of the heat and dryght, and than we ought
to absteyne from carnall copulation, the whiche

i. iii.

also

A. m. 15
cap. viii.

HELTHE.

also dygethe, and from ofte baynyng, and be let
bloudde seldome, for lyke cause. We muste vse
quyvetnes and lyttel motion: for quietnes dothe
moyste, and moche mocyon dygethe. In this
season in speciall we muste vse moderatelye to
dynk: colde dynke: for superfluous dynkyng
of colde dynke, by reason that the pores be opē,
dothe make the body sodaynely a colde, or cau-
seth the palsey, or larite of the membris, or elles
sodayne deth. From the whiche he defende vs,
that lyueth and reigneth eternally Amen.

¶ FINIS ¶

SOLONDINI IN AEDIBVS

THO. BERTHELETI TYPIS

IMPRES.

CVM PRIVILEGIO ADIM-
PRIMENDVM SOLVN.

ANNO. M.D.XLI.





Med. Hist.
WZ
240
E52c
1541

